

THE  
**HYDROPATHIC**  
**ALMANAC**  
FOR 1851.

*Harrison*  
*AC*  
*901*  
*AT*  
*no 847*



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# TABLE OF THE WEATHER,

ORIGINALLY CONSTRUCTED BY DR. HERSCHELL, IMPROVED BY DR. A. CLARKE.  
The result of many years' observation, and will rarely be found to fail.

MOON. TIME OF CHANGE.	IN SUMMER.	IN WINTER.
Between midnight and 2 in the morning	Fair	Hard frost, unless wind be S. or S.W.
— 2 and 4 morning	Cold, with frequent Rain.	Snow and Stormy.
— 4 and 6	.. .. . [showers.	Rain.
— 6 and 8	Wind and Rain	Stormy.
— 8 and 10	Changeable	Cold rain if wind W. Snow
— 10 and 12	Frequent showers	Cold and high wind. [if E.
At 12 at noon, and to 2 P.M.	Very rainy	Snow or rain.
Between 2 and 4 afternoon	Changeable	Fair and mild.
— 4 and 6	Fair	Fair.
— 6 and 8	{ Fair, if wind N. W. Rainy, if S. or S. W.	Fair and frosty, if wind N. or N.E. Rain or snow, if S. or S.W.
— 8 and 10	Ditto	Ditto.
— 10 and midnight	Fair	Fair and frosty.

The nearer the time of the Moon's change, First Quarter, Full and Last Quarter, is to MIDNIGHT, the fairer will the weather be during the seven days following. The nearer to MIDAY or NOON these Phases of the Moon happen, the more foul or wet the weather may be expected during the next seven days.

## UNIVERSITY TERMS, 1851.

OXFORD.			
Begins		Ends	
Lent	Jan. 14	..	April 12
Easter	April 30	..	June 7
Trinity	June 11	..	July 5
Michms	Oct. 10	..	Dec. 17
The Act, July 1			

CAMBRIDGE.			
Begins		Ends	
Lent	Jan. 13	..	April 11
Easter	April 30	..	July 4
Michms	Oct. 10	..	Dec. 16
The Commencement, July 1			

## LAW TERMS, 1851.

As settled by Statutes, &c.

As settled by Statutes, &c.			
Begins		Ends	
Hilary	..	Jan. 11	Jan. 31
Easter	..	April 15	May 13
Trinity	..	May 27	June 17
Michaelmas	Nov. 2	Nov. 25	

## ECLIPSES IN 1851.

- I.—Partial Eclipse of the Moon, Jan. 17, visible at Greenwich, begins 2h. 29m. afternoon; Middle of the Eclipse, 4h. 50m.; ends 7h. 10m. afternoon.  
 II.—Annular Eclipse of the SUN, Feb. 1, invisible at Greenwich.  
 III.—Partial Eclipse of the Moon, July 13, invisible at Greenwich.  
 IV.—Total Eclipse of the SUN, July 28, visible at Greenwich, begins 0h. 14m. afternoon, Central Eclipse, 2h. 21m. afternoon; ends 4h. 51m.

## POPULATION AND EXTENT OF THE GLOBE.

BALBI GEOGR., 1844.				WEIMAR ALMANAC, 1840.		
Population.		English Square Miles.	Population to Square Miles.	Population.	English Square Miles.	Populat. to Square Mile.
Europe	227,700,000	3,700,000	61.5	233,240,043	3,807,195	61.2
Asia	390,000,000	16,045,000	24.3	608,516,019	17,805,146	34.2
Africa	60,000,000	11,254,000	5.3	101,498,411	11,647,428	8.6
America	39,000,000	14,730,000	2.6	48,007,150	13,542,400	3.5
Oceanica (Australia)	20,300,000	4,105,000	4.9	1,838,194	3,347,840	0.4
Polynesia, and the Indian Archipelago						
Totals	737,000,000	49,834,000	14.8	993,099,817	50,150,009	19.8

## SUN'S RISING AND SETTING.

1st 8h 9m.....	3h 58m.
8th 8h 4m.....	4h 4m.
20th 7h 52m.....	4h 20m.
28th 7h 44m.....	4h 37m.

## MOON'S CHANGES.

New Moon	2nd day.	10h 43m morn.
First Quarter	10th day.	4h 21m after.
Full Moon	17th day.	4h 42m after.
Last Quarter	24th day.	8h 16m morn.

- 1 T Temperance Advocate commenced at Preston, 1834.
- 2 W Central Temper. Association formed, 1843. Edmund Burke, *b.* 1730.
- 3 T Cicero *b.* B.C. 107. Impeachment of the six members, 1642.
- 4 F Archbishop Usher, *b.* 1580. Roger Ascham *d.* 1568. W. I. dis. 1492.
- 5 S Charles of Burgandy killed at Nancy, 1477.
- 6 M *Epiphany*, 12th day. Joan of Arc *b.* 1642. Metastasio *b.* 1698.
- 7 T St. Anthony lived 80 years on bread, water, and salad, *d.* aged 105.
- 8 W Galileo *d.* 1642. Bagdad taken by Tartars, 1258. Fenelon *d.* 1716.
- 9 T Fontenelle *d.* 1757. Nelson's fun. 1806. J. Bailes, Northamp. *d.* ag. 128.
- 0 F Archbishop Laud *beh.* 1645. Penny Postage commenced 1840.
- 1 S Sir Hans Sloan, *d.* 1752. Roubilliac *d.* 1762. Linneus *d.* 1778.
- 12 S *First Sunday after Epiphany.* Pestalozzi, a teacher of babes *b.* 1746.
- 13 M C. J. Fox, *b.* 1749. Duke of Alva *d.* 1582. L. Wholham *d.* at Cork, aged 118.
- 14 T John Evelyn *b.* 1654. E. Halley *d.* 1742. L. Carnaro *d.* 1566, ag. 104.
- 15 W Dr. J. Aitken *b.* 1747. E. Pratt, *d.* 1804, aged 116.
- 16 T E. Spencer *d.* 1599. E. Gibbon *d.* 1794. Countess of Desmond *d.* ag. 145.
- 17 F Dr. Franklin *b.* 1706, was many years a Teetotaler and a Vegetarian.
- 18 S Henry VII. mar. Elizabeth, uniting Houses of York & Lancaster, 1486.
- 19 S James Watt *b.* 1726. Copernicus *b.* 1472. Earl of Surrey *beh.* 1547.
- 20 M Howard, Philanthropist, Vegetarian, and Hydropathist, *d.* 1790.
- 21 T Louis XVI. *guill.* 1793. American Independance acknowledged, 1783.
- 22 W Mrs. Hudson, whose food was chiefly milk and bread, *d.* aged 105.
- 23 T Nation. Temp. Societ. for. 1843. W. Pitt *d.* 1806. D. of Kent, *d.* 1820.
- 24 F Lord Byron an occasional Vegetarian, *b.* 1788. Frederick, the Gt. *b.* 1712.
- 25 S Dr. Jenner *d.* 1823. Robert Burns *b.* 1759. Sund. Schools estab. 1784.
- 26 S *Third Sunday after Epiphany.*
- 27 M Mozart *b.* 1756. Dr. C. Hutton *d.* 1823.
- 28 T Admiral Byng tried; 1757. Length of the day, 8h. 52m.
- 29 W Swedenbourg *b.* 1689, was a Vegetarian and Teetotaler many years
- 30 T Charles I. *beh.* 1649. King George III. *d.* 1820.
- 31 F Corn Law at an end 18 9. Ben Jonson *b.* 1574.

## THE KITCHEN GARDEN.

JANUARY.—This is the month for preparing early vegetables, whether by the hotbed or in the natural ground: If you have any lettuce plants in frames, let them, whenever the weather is fine, enjoy the open air, and even in wet weather do not exclude the air altogether; but should the frost be rigorous, let them be closely covered up. If the weather be open, asparagus, radishes, carrots, spinage, parsley, &c., for early use, may be put in preparation this month: the soil must be prepared for various crops, such as peas and beans. Some kinds of the former may be sown in a favourable state of the weather.

## THE FLOWER GARDEN.

JANUARY.—In dry weather and in dry ground, plant flowery shrubs and hardy evergreens, at proper distances. Dig between shrubs, and prune them with a knife. Plant box and thrift for edging; crocuses, snow-drops, &c., in angles, circles, or other figures; ranunculus, tulips, anemones, and all sorts of bulbous roots. All these, and especially hyacinths, auriculas, tulips, carnations, should be well protected, throughout their whole progress, against heavy rains, cold, and even too hot suns, by matting, frames, &c.



SUN'S RISING AND SETTING.

1st day 7h 38m	4h 44m
8th day 7h 24m	4h 54m
15th day 7h 15m	5h 16m
22nd day 6h 48m	5h 26m

MOON'S CHANGES.

New Moon	1st day 6h 2m morn.
First Quarter	9th day 8h 55m morn.
Full Moon	16th day 3h 23m morn.
Last Quarter	22nd day 9h 38m aftern.

- 1 S J. P. Greives, a Vegetarian 36 years, and a friend of Pestalozzi *b.*
- 2 S W. Lamb, M.D., a Vegetarian 41 years; *d.* A.D. 1847, aged 82.
- 3 M Wilkes expelled the House of Commons, 1869. L. Lloyd *d.* aged 132.
- 4 T Cato *d.* B.C. 46. R. Blair *d.* 1746. Lillo *b.* 1893.
- 5 W 1st. Eng. Temp. Society formed at Bradford, by Mr. H. Forbes, 1830.
- 6 T Dr. Priestley *d.* 1804. Sir R. Peel *b.* 1788. Charles II. *d.* 1685.
- 7 F Mrs. Radcliff *d.* 1823. R. Montgomery, of Skipton *d.* 1671, aged 127.
- 8 S Mary Queen of Scots, *beh.* 1586. S. Butler *b.* 1612.
- 9 S Lord Barnley *murd.* 1567. Bishop Hooper *burnt*, 1555.
- 10 M Queen Victoria, married, 1840. Congreve *b.* 1670. Montesquieu *d.* 1755.
- 11 T London Bridge *burnt* 1632. Fontonelli *b.* 1657.
- 12 W Lady Jane Gray *beh.* 1554. Kaht *d.* 1804. Spallanzani *d.* 1799.
- 13 T American Tem. Society formed 1826. Revolution in England 1688.
- 14 F Valentines' Day. Capt. Cook *killed* 1779. Sir W. Blackstone *d.* 1780.
- 15 S National Debt first commd. 1500. The Pope driven from Rome 1793.
- 16 S Melancthon *b.* 1497. Dr. Mead *d.* 1754.
- 17 M Michael Angelo *d.* 1563. First Soiree of the Whittington Club 1847.
- 18 T Luther *d.* 1546. Cassini *b.* 1677.
- 19 W Shrove Tuesday. Copernicus *b.* 1473. Galileo *b.* 1564.
- 20 T D. Garrick *b.* 1716. Voltaire *b.* 1694.
- 21 F Trinidad taken 1794. Dr. Mead, of Ware, Herts *d.* 1685, aged 148.
- 22 S George Washington *b.* 1732. James Barry *d.* 1806.
- 23 S Sir J. Reynolds *d.* 1792. Sir T. Wyatt *beh.* 1555.
- 24 M Revolution [the third] in Paris 1848. Handel *b.* 1684.
- 25 T Teetotal Pledge first adopted in America 1834. Sir C. Wren *d.* 1723.
- 26 W Napoleon escaped from Elba 1815. J. P. Kemble *d.* 1823.
- 27 T J. Evelyn *d.* 1706. Dr. Arbuthnot *d.* 1735.
- 28 F George Buchanan *d.* 1582. Montaigne *b.* 1533.

THE KITCHEN GARDEN.

FEBRUARY.—All the ground which is destined for early crops, but not occupied, must now be prepared. Transplant pinks, carnations, sweet-williams, candida, campanulas, etc., and all fruit trees. Most of the garden vegetables may now be sown; but especially cabbage, to succeed those of November. Thin strawberry beds. Sow carrots, parsnips, beet, and early potatoes.

THE FLOWER GARDEN.

FEBRUARY.—Let flower beds and borders be thoroughly cleaned of weeds and litter, and the surface carefully loosened with a hoe, and lightly raked on dry days. In mild weather dress auricula plants, and add fresh earth to them; first clean the plants of dead leaves, and take the old earth away from the top and around the sides without disturbing the roots, then fill up with prepared loam, and place them in a sheltered spot. Transplant last year's carnations to where they are intended to blow. Finish pruning flower shrubs and ever greens. Flowering shrubs may be removed in dry open weather.

## SUN'S RISING AND SETTING.

1st day 6h 43m. .... 5h 44m

8th day 6h 22m. .... 5h 48m

18th day 6h 4m. .... 6h 4m

26th day 5h 48m. .... 6h 20m

## MOON'S CHANGES.

New Moon.....3rd day 13h 14m morn.

First Quarter....10th day 9h 44m aftern.

Full Moon.....17th day 1h 17m aftern.

Last Quarter....24th day 1h 25m aftern.

- 1 S The "Teetotal Times" published in Jersey 1846. "Spectator" cm. 1711.
- 2 S John Wesley *d.* 1791. S. Gesner *d.* 1788. Boileau *d.* 1711.
- 3 M Henry IX *d.* 1461. E. Waller *b.* 1605. Sir W. Devanent *b.* 1608.
- 4 T John Lord Somers *b.* 1652.
- 5 W *Ash Wednesday.* A. Corregio *d.* 1534. Volta *d.* 1827.
- 6 T William III. *d.* 1702. M. Angelo *b.* 1474. Dr. Parr *d.* 1825. [*d.* 1755.]
- 7 F Brit. and For. Bible Society estab. 1804. Bishop Wilson, Isle of Man,
- 8 S Sir W. Chambers *d.* 1795. Nature's wants are few; man's many.
- 9 S *First Sunday in Lent.* Rizzio *assass.* 1566.
- 10 M Raphael *b.* 1483. Sir J. Denham *d.* 1663. J. Playfair *b.* 1749.
- 11 T Tasso *b.* 1554. Twilight ends 7h. 48m.
- 12 W Benjamin West *d.* 1820. Chelsea Hospital founded 1682.
- 13 T Dr. Priestley *b.* 1733. Archbishop Herring *d.* 1757.
- 14 F Jul Cæsar *assass.* 44 B.C. Admiral Byng *shot* 1757.
- 15 S 'Temperance Guardian," published in the Isle of Man 1836.
- 16 S Lord Berners *d.* 1532. Boileau *b.* 1635.
- 17 M *St. Patrick's Day.* Bishop Burnett *d.* 1715.
- 18 T Sir R. Walpole *d.* 1745. Sterne *d.* 1768.
- 19 W Horne Took *d.* 1812. C. Le Brun *b.* 1739.
- 20 T Sir Isaac Newton *d.* 1727. Ovid *b.* B.C. 43.
- 21 F Archbishop Cranmer *burnt* 1556.
- 22 S Goethe *d.* 1832. Battle of Alexandria, 1801.
- 23 S Kotzebue *assass.* 1819. Weber *d.* 1829.
- 24 M Queen Elizabeth *d.* 1603.
- 35 T *Lady Day.* London Charity Schools first instituted, 1683.
- 26 W The Teetotal Society founded at Preston, 1833. Sir J. Vanbrug *d.* 1603.
- 27 T Peace of Amiens, 1802. Raphael *d.* 1520.
- 28 F Abercrombie *d.* 1801. The intemperate man is a common curse.
- 29 S Charles Wesley *d.* 1788. E. Swedenborg *d.* 1772.
- 30 S *Fourth Sunday in Lent.* J. Studer, who could not be put out of temper, *d.*
- 31 M Sicilian Vespers 1282. Descartes *b.* 1596. Haydn *b.* 1732. [1772]

## THE KITCHEN GARDEN.

MARCH.—Attend to the state of what has been planted in the two previous months. Transplant cauliflowers into rich ground. Sow brocoli for early crops. Transplant cabages of all kinds into the place where they are to remain, and transplant and sow lettuce; sow savoy; sow spinnage, to succeed that formerly sown; repeat the sowing once a fortnight; sow onions, and leeks; keep up the supply of radishes; sow turnips, carrots, and parsnips; sow mint, garlic, scallions, &c. Plant early potatoes in open weather. Transplant sweet herbs intended for kitchen use. Plant slips of rosemary, rue, &c.

*Vegetables in Season.*—Carrots, parsnips, leeks, brocoli, sea-kale, forced asparagus, mushrooms, lettuce, small salads, dent-de-lion, beets, hop-tops.

## THE FLOWER GARDEN.

MARCH.—Finish pruning shrubs and evergreens: rake up the earth; transplant perennials, biennials, and evergreens; plant box and thrift for edging; lay turf; sow various kinds of perennials and biennials; support tender flowers by small sticks; daily admit air into your frames, and water your flowers moderately; hot-beds may be made any time during this month, to bring forth tender plants. In lieu of hot-beds, hand-glasses, or oiled paper frames, may be used.

## SUN'S RISING AND SETTING.

1st day	5 h 38 m.	.....	6 h 30 m
8th day	5 h 20 m.	.....	6 h 46 m
20th day	4 h 50 m.	.....	7 h 7 m
26th day	4 h 46 m.	.....	7 h 16 m

## MOON'S CHANGES.

New Moon.	... 1st day	6 h 32 m	Afternoon.
First Quarter.	.. 9th day	7 h 2 m	Morning.
Full Moon.	.... 15th day	10 h 35 m	Afternoon.
Last Quarter.	... 23rd day	6 h 58 m	Morning.

- 1 T *All Fool's Day.* L. Schiavonetti, *b* 1765. Dr. Harvey *b* 1578.  
 2 W New York Temperance Society formed 1836.  
 3 T Napier, the Inventor of Logarithms *d* 1617. Bishop Heber *d* 1826.  
 4 F J. Teare appeared as a Teetotal Missionary 1830. J. Wright, of Bol-  
 5 S British Museum Instituted 1753. John Stow *d* 1605. [ton, *d* 1850.  
 6 S Socrates *b* B. C. 468. Albert Durer *d* 1528.  
 7 M D. H. Blair *b* 1718. Lalande *d* 1807.  
 8 T W. Godwin *d* 1836. Lorenzo de Medecis *d* 1492. [ance.  
 9 W Bacon *d* 1626. John Opie *d* 1807. Do not substitute physic for temper-  
 10 T Father Mathew, W. Martin, and G. Cox, signed the Teetotal Pledge 1838.  
 11 F Rev. Rowland Hill *d* 1833. Geo. Canning *b* 1770.  
 12 S Bossuet *d* 1704. W. Kent *d* 1748. Dr. Young *d* 1765  
 13 S Handel *d* 1759. Catholic Relief Bill passed 1829.  
 14 M Otway *d* 1685. Bishop Porteus *d* 1809.  
 15 T Mutiny at Spithead 1797. Dr. A. Murray *d* 1813.  
 16 W Battle of Culloden 1746. Buffon *d* 1788. Fuseli *d* 1825.  
 17 T Dr. Franklin *d* 1790. Dr. E. Darwin *d* 1802.  
 18 F *Good Friday.* The infamous Judge Jeffries *d* 1689.  
 19 S American war com. at Lexington 1775. Lord Byron *d* 1823.  
 20 S *Easter Sunday.* Spanish fleet destroyed by Blake 1657.  
 21 M Abelard *d* 1142. Bishop Heber *b* 1783.  
 22 T H. Fielding *b* 1707. Kant *b* 1724. Jussieu *d* 1758.  
 23 W William Shakspeare *b* 1564. *d* 1616. Cervantes *d* 1616.  
 24 T Daniel Defoe *d* 1731. Do nothing to induce disease.  
 25 F Oliver Cromwell *b* 1599. William Cowper *d* 1800.  
 26 S Plague of London 1665. D. Hume *b* 1717.  
 27 S Sir. W. Jones *d* 1794. E. Gibbon *b* 1737.  
 28 M Chaucer *d* 1434. Baron Denon *d* 1825.  
 29 T Mutiny of the Bounty 1789. War with France 1803.  
 30 W First Stone of London University College laid, 1827.

## THE KITCHEN GARDEN.

APRIL.—Sow spring flowers, early kidney beans, cabbage for a late crop ; peas and beans every three weeks ; spinage, radishes, onions, and leeks ; cauliflowers for autumn. Sow cucumbers and vegetable marrows for planting out ; and plant your general crop of potatoes. Remember this is the most important month in the year to gardeners. Be diligent. *Vegetables in Season.*—New potatoes, radishes, new carrots, broccoli, sprouts, turnip-tops, cabbage, salads.

## THE FLOWER GARDEN.

APRIL.—Make very thick hot-beds, of the best hot dung, for planting or transplanting ; put frames or glasses on them ; raise the glasses daily to let the steam escape ; water the plants gently, prick some of your favourite flowers ; prepare your gravel and grass walks ; watch your blooming flowers—protect them against cold, wet, and too much sun ; sow all kinds of spring flowers—water them frequently ; transplant dahlias, and other roots, by dividing them, keeping an eye in each division, and resting it in a small ball of native earth. Save auricula seed for propagation.



## SUN'S RISING AND SETTINGS

1st day 4h 36m.....	7h 20m
8th day 4h 20m.....	7h 34m
20th day 3h 56m.....	7h 48m
28th day 3h 52m.....	8h 2m

## MOON'S CHANGES.

New Quarter.....	1st day 9h 1m morn.
First Quarter.....	8th day 1h 33m morn.
Full Moon.....	15th day 8h 5m morn.
Last Quarter.....	23rd day 1h 4m morn.

- 1 T Joseph Addison *b.* 1672. John Dryden *d.* 1700.
- 2 F Duke of Wellington *b.* 1769. 1] Union of England with Scotland, 1707.
- 3 S Macciavelli *b.* 1469. 4] Seringapatam *taken* 1799.
- 4 S Dr. Isaac Barrow *d.* 1677. Sir J. Thornhill *d.* 1734.
- 5 M Napoleon *d.* 1821.
- 6 T G. Kirton, of Oxen-spall, *d.* 1761, *aged* 125.
- 7 W Battle of Prague 1757. Socrates *d.* B.C. 399.
- 8 T Bishop Porteus *b.* 1731. Lavoisier *guill.* 1794.
- 9 F Schiller *d.* 1805. Corporation and Test Acts repealed, 1828.
- 10 S Riots in New York, 1849. Battle of Lodi, 1796.
- 11 S Lord Chatham *d.* 1778. Spencer Percival *assass.* 1812.
- 12 M A Tem. Society formed at Manchester, 1836. Lord Stratford *b.* 1641.
- 13 T Henry IV of France *assass.* 1510. J. M. C. Brentorf *b.* 1712.
- 14 W Cuvier *d.* 1832. H. Grattan *d.* 1820.
- 15 T Vaccination first applied by Dr. Jenner, 1796.
- 16 F Sir W. Petty *b.* 1623. Rapin de Thoyras *d.* 1725.
- 17 S Dr. Jenner *d.* 1823. Eat slowly and you will seldom eat too much.
- 18 S Bonaparte *decl.* Emperor 1804.
- 19 M J. Boswell *d.* 1795. Albert Durer *b.* 1471.
- 20 T Columbus *d.* 1506.
- 21 W Dr. T. Warton *d.* 1790. Mr. Buckingham's Motion on Drunkenness, 1834.
- 22 T Beccaria *d.* 1781. Thomas Parr *d.* 1635, *aged* 152.
- 23 F Dr. W. Hunter *b.* 1718. Battle of Ramilies, 1706.
- 24 S Queen Victoria *b.* 1819. Copernicus *d.* 1543.
- 25 S Alex. Pope *b.* 1688. Dr. Paley *d.* 1805.
- 26 M Dante *b.* 1265. Venerable Bede *d.* 735.
- 27 T Calvin *d.* 1564. Dante *b.* 1265.
- 28 W W. Pitt *b.* 1759. Bishop Hurd *d.* 1808.
- 29 T Sir H. Davy *d.* 1829. Daubenton, the associate of Buffon *b.* 1716.
- 30 F Alex. Pope *d.* 1744. Voltaire *d.* 1778.
- 31 S Ann Boleyn *cr.* 1533. Cruden, author of the Concordance *b.* 1700.

## THE KITCHEN GARDEN.

MAY.—Plant out cucumbers under hand glasses. Plant now a full crop of kidney beans to succeed those of last month. Asparagus ought to be fit, in this month, to be cut to use. In moist weather transplant such lettuces as were sown the two former months. Keep clean the beds of turnips, carrots, parsnips, onions, &c., and thin such as require it. Transplant spring sown cabbage and savoy for autumn use, also red cabbage. Plant out, towards the middle or end of the month, the gourds and pumpkins sown in April. Plant out tomatoes or love apples. Carrot seed may still be sown in succession.

*Vegetables in Season.*—New potatoes, kidney-beans, peas, cauliflowers, &c.

## THE FLOWER GARDEN.

MAY.—In the first and second weeks of this month many sorts of perennial and biennial flower-seeds may yet be sown; plant tube-roses in pots with light earth; propagate perennials and wall-flowers by healthy slips and cuttings; sow hardy annuals in the borders, curdy tuft, sweet sultan, lupines, &c.; take up hyacinths, crocus, and all other bulbous roots when the leaves decay; take tulip seed-pods from the flower-stalk.

## SUN'S RISING AND SETTING.

1st day, 3h. 50m.....	8h 5m
8th day 3h 40m.....	8h 10m
20th day, 3h 44m.....	8h 18m
28th day, 3h 48m.....	8h 20m

## MOON'S CHANGES.

First Quarter... 6th day 6h 27m	Afternoon.
Full Moon .... 13th day 6h 34m	Afternoon.
Last Quarter... 21st day 6h 24m	Afternoon.
New Moon.... 29th day 6h 34m	Morning.

- 1 S C-Marlow *d.* 1593. N. Pousin, *b.* 1594. Howe's victory, 1794.
- 2 M Lord George Gordon's riots in London, 1780.
- 3 T Dr. Harvey, *d.* 1657. W. H. Reid *d.* 1826.
- 4 W William Wyndham *d.* 1810.
- 5 T Dr. Adam Smith *b.* 1723. Paesiello *d.* 1816.
- 6 F Ariosto *d.* 1553. Corneille *b.* 1606. J. Bentham *d.* 1832.
- 7 S Reform Bill passed, 1832. Warburton *d.* 1779.
- 8 S Whitsunday. W. Dobson, of Halfeld, *d.* 1765, aged 139.
- 9 M Dr. A. Rees *d.* 1825. T. Paine *d.* 1809.
- 10 T London Hospital found. 1752.
- 11 W Roger Bacon *d.* 1294. Dr. W. Robertson *d.* 1793.
- 12 T Dugald Stewart *d.* 1828. W. Collins *d.* 1759.
- 13 F First Teetotal Society formed in Ireland, 1835.
- 14 S C. Maclaurin *d.* 1756. Battle of Marengo, 1800.
- 15 S A. F. de Fourcroy, *b.* 1755. Corps of Jannisaries abolished, 1826.
- 16 M Duke of Marlborough *d.* 1722. Joseph Addison *d.* 1719.
- 17 T The seven Bishops acquitted 1688. John Wesley *b.* 1703.
- 18 W Battle of Waterloo, 1815. Loss of the Orion, 1850.
- 19 T Teetotalism first adopted and advocated at Preston 1832.
- 20 F Accession of Queen Victoria, 1837. William IV. *d.* 1837.
- 21 S Inigo Jones *d.* 1652. J. Skelton *d.* 1529.
- 22 S World's Peace Congress held in London, 1843.
- 23 M Liebnitz *b.* 1646. Akenside *d.* 1770.
- 24 T Midsummerday. W. Edwards, Cardiff, *d.* 1688, aged 168.
- 25 W Battle of Bannockburn, 1314. John Hampden *d.* 1643.
- 26 T George IV. *d.* 1830. Gilbert White *d.* 1793.
- 27 F British and Foreign Temperance Society formed in London, 1830.
- 28 S Queen Victoria crowned 1838. Rousseau *b.* 1712.
- 29 S Second Sunday after Trinity.
- 30 M Gawin Douglas *d.* 1547. Greenwich Hospital founded, 1696.

## THE KITCHEN GARDEN.

JUNE.—Particular attention is now required in weeding; hoeing, thinning, and watering the principal crops, and pricking out and transplanting for autumn and winter. Sow savoys, broccoli, borecole, cabbages, turnips, carrots, spinage, coleworts, kidney-beans, lettuce, endive, celery, cucumbers, radishes, peas, beans, and small salading. Plant cabbages, colewort, savoys, broccoli, borecole, leeks, beans, lettuce, endive, celery, cucumbers, radishes, peas, and beans. Melon plants must be shaded in the heat of the day, and receive a large portion of fresh air. Transplant endive for blanching, and prick out young broccoli plants which were sown in April or May.

Vegetables in Season.—New Potatoes, peas, beans, French-beans, scarlet beans, asparagus, cauliflowers, cabbage, strawberries, currants, gooseberries.

## THE FLOWER GARDEN.

JUNE.—Rake your gravel walks; mow grass ones; cut your hedges; take up in dry weather, such roots as are to be planted in September, October, or November, as tulips, jonquils, narcissus, &c.; also ranunculas and anemone roots; plant hardy annuals, an marigold, stamoniun, balsams, capsicums, mignonette, &c.; variegated your borders refresh your tender flowers often with water; transplant such bulbous flowers as blow in autumn, as narcissus, Guernsey lilies, &c.; also cyclamens; propagate perennials by slip, from the young flower-stalks; transplant into nursery beds, from seed beds, wall-flowers sweet-william, carnations, pinks, fox-gloves, hollyhocks, rockets, &c.; support tall flowers with sticks.

## SUN'S RISING AND SETTING.

1st day, 3h 48m	8h 20m.
8th day, 5h 54m	8h 14m.
20th day, 4h 9m	8h 4m.
28th day, 4h 20m	7h 54m.

## MOON'S CHANGES.

First Quarter, 5th day, 11h 8m, After.	
Full Moon, 13th day, 7h 18m, Morn.	
Last Quarter, 21st day, 10h 39m, Morn.	
New Moon, 28th day, 2h 41m, Morn.	

- 1 T Battle of the Boyne, 1690. Admirable Crichton *assass.* 1582.
- 2 W Sir Robert Peel *d.* 1850. Archbishop Cranmer *b.* 1489.
- 3 T Dr. Randolph *d.* 1671. F. Willoughby *d.* 1762.
- 4 F The thirteen United States of America declared themselves Independent.
- 5 S Sir T. More *beh.* 1535. French took Algiers, 1830. [dent, 1776.
- 6 S Granville Sharpe *d.* 1813. S. Whitbread *d.* 1815.
- 7 M A Conference of Vegetarians held at Alcott House, Ham Common, 1847
- 8 E First Teetotal Missionary started from Preston, 1833.
- 9 W Oldmixon *d.* 1742. Mrs. Radcliff *b.* 1764.
- 10 T Calvin *b.* 1509. Demosthenes *b.* A.B. 382.
- 11 F First Teetotal Meeting held at Preston, 1832.
- 12 S Second Annual Meeting of the Vegetarian Society held in the Town
- 13 S Fenton *d.* 1730. Dr. Bradley *d.* 1752. [Hall, Manchester, 1849.
- 14 M Bastille destroyed, 1789. Cardinal Mazarine *b.* 1602.
- 15 T *St. Swithin's Day.* Madam de Stael *d.* 1817.
- 16 W The word Teetotal first used at Preston, 1833, by R. Turner.
- 17 T Halifax Temperance Bazaar, 1850.
- 18 F
- 19 S Petrarch *d.* 1374. Bodlien Library at Oxford *found.* 1610.
- 20 S Petrarch *b.* 1304. Professor Playfair *d.* 1819.
- 21 M Lord W. Russell *beh.* 1683. Robert Burns *d.* 1796.
- 22 T Lord Shaftsbury *b.* 1621.
- 23 W Gibraltar taken 1704. Mr. Evans, of Spitalfields *d.* 1784, aged 139.
- 24 T Battle of Harlaw, 1411. Dr. N. Lardner *d.* 1768.
- 25 F Sir J. Spelman *d.* 1643. Dr. Romaine *d.* 1795.
- 26 S Duty of 1s. 3d. each on Almanacs repealed, 1834.
- 27 S Dr. S. Jernelin *d.* 1774. Rothschild *d.* 1836.
- 28 M First Annual Meeting of the Vegetarian Society held at Manchester.
- 29 T Wm. Wilberforce *d.* 1833. G. Robinson *d.* 1784, aged 137. [1848.
- 30 W Second French Revolution, 1830. Battle of Otterbourne, 1388.
- 31 T W. Penn *d.* 1718. M. Foster, of Brampton, *d.* 1767, aged 137.

## THE KITCHEN GARDEN.

JULY.—Prepare ground for the autumn and winter crops. Plant your principal crops of savoy and winter cabbages. Transplant brocoli, and sow seed for a late spring crop. Plant late crop of kidney beans. Sow onions to stand the winter; but this not before the end of the month. About the middle of the month you may sow some carrots, which will come into use at Michaelmas, and continue good till the spring. The same remarks apply to turnips. Thin, transplant, and sow lettuces, winter spinage, and several kinds of radishes, particularly the turnip-rooted.

*Vegetables in Season*—Windsor beans, French beans, peas, summer cabbages, cauliflowers, carrots, parsnips, turnips, strawberries, raspberries, gooseberries, pine apples.

## THE FLOWER GARDEN.

JULY.—Watch choice carnations. Train borders, and cut down the stems of such flower plants as are past flowering; but this is principally to be understood of the perennial and biennial rooted plants. Carnations and double sweet-williams may be layered, previous to the third week of the month; they may also be propagated by slips and pipings. Transplant those perennial and biennial seedlings which were not done last month.

SUN'S RISING AND SETTING.

1st day, 4h 24m .....	7h 47m.
8th day, 4h 36m .....	7h 34m.
20th day, 4h 54m .....	7h 12m.
28th day, 5h 8m .....	6h 54m.

MOON'S CHANGES.

First Quarter, 4th day, 5h 7m, Morn:	
Full Moon, 11th day, 9h 42m, After.	
Last Quarter, 20th day, 0h 12m, Morn.	
New Moon, 26th day, 10h 19m, After.	

- 1 F Slavery abolished in the British West Indies, 1834.
- 2 S Battle of Blenheim, 1704. Gainsborough *d.* 1788.
- 3 S Sir R. Arkwright *d.* 1792. Jos. Barnes *d.* 1712.
- 4 M Calais taken by Edward III., 1347. John Home *d.* 1808.
- 5 T American Temperance Union Organised, 1836.
- 6 W Ben Jonson *d.* 1637. Malebranche *d.* 1638.
- 7 T The World's Temperance Convention held in London, 1848.
- 8 F George Canning *d.* 1827. P. B. Shelley *d.* 1822.
- 9 S John Dryden *b.* 1631: J. Zice, of Worcester, *d.* 1771, aged 125.
- 10 S Observatory at Greenwich founded, 1765.
- 11 M Dr. Meade *b.* 1673. M. Bates, of Shiffnall, Salop, *d.* 1775, aged 128.
- 12 T Lord Londonderry *d.* 1822. Domestic Slavery *abol.* in Ceylon, 1816.
- 13 W Jeremy Taylor *d.* 1667. L. Truxo, a negress of S.A., *d.* 1765, aged 175.
- 14 T Letter-press Printing, the greatest of all discoveries, invented 1437.
- 15 F The "Vegetarian Advocate" commenced, 1848. Two Vols. completed.
- 16 S Andrew Marvel *d.* 1678. A Meeting of a few Teetotalers held in London, [1835. Manchester Massacre, 1819.
- 17 S M. Delambre *d.* 1822.
- 18 M James Beattie *d.* 1803. M. Pymm, of London, *d.* 1742, aged 121.
- 19 T Royal George *sk.* off Spithead, 1782. First Europ. Temp. Soc. *fd.* 1846
- 20 W The "Truth-Tester" first advoc. Vegetarian principles, 1846. One Vol.
- 21 T Lady M. W. Montague *d.* 1762. Count Rumford *d.* 1814. [complete.
- 22 F Warren Hastings *d.* 1813. Peace Congress at Frankfort, 1850.
- 23 S Sir W. Wallace *beh.* 1305. Alex. Wilson, the Ornithologist, *d.* 1813.
- 24 S Rome taken by Alaric, 410. Massacre at Paris, 1572.
- 25 M Battle of Cressy, 1346. Chatterton *d.* 1770.
- 26 T Louis Philippe *d.* 1850. Prince Albert *b.* 1819.
- 27 W Great Peace Meeting held at Paris, 1849. Bomb. of Algiers. 1816.
- 28 T Dr. J. Leyden *d.* 1811. Robespierre *guill.* 1794.
- 29 F John Locke *b.* 1632. Sir W. Congreve *d.* 1828.
- 30 S Dr. Paley *b.* 1743. John Bunyan *d.* 1688. Dr. Currie *d.* 1805.
- 31 S Ipswich Temperance Hall opened, 1840. Storming St. Sebastian, 1811

THE KITCHEN GARDEN.

AUGUST.—Sow early red cabbage and cauliflowers for spring and summer use. Plant out winter crops and strawberry roots. Take no onions, and sow Welsh ones for winter. Hoe turnips, clip hedges, nail wall trees. Propagate by laces and cuttings, all herbaceous plants, currants, gooseberry and other fruit trees. Transplant savoy for January, sow onions for winter. Carrots sown now will be fit to draw in spring. Sow early cabbage and cauliflowers between the 16th and 24th, for summer crops.

Vegetables in season.—Potatoes, scarlet beans, French beans, onions, cauliflower, summer cabbage, carrots, turnips, zalads, &c.

THE FLOWER GARDEN.

AUGUST.—Keep flower beds clean. A solution of sulphate of copper will be found useful, to prevent the growth of weeds in gravel paths. Transplant biennials and perennials. Propagate amcuias and primulas by offsets. Support climbing plants. Gather ripe seeds, and remove all annuals that have done flowering. Bud choice Roses, some on low, and others on high stocks, as standards. Prune evergreens, and dress lawns.

SUN'S RISING AND SETTING.

1st day 5h 14m ..... 6h 46m.  
 8th day 5h 25m ..... 6h 30m.  
 20th day 5h 46m ..... 6h 2m.  
 28th day 5h 56m ..... 5h 42m.

MOON'S CHANGES.

First Quarter..2nd day 1h 53m Afternoon.  
 Full Moon...10th day 1h 42m Afternoon.  
 Last Quarter..18th day 1h 26m Afternoon.  
 New Moon .....25th day 6h 10m Morning.

- 1 M Seven men of Preston signed the first Teetotal Pledge, 1833.
- 2 T London *burnt*, 1666. George Lillo *d.* 1739.
- 3 W Oliver Cromwell *d.* 1658. John Home *d.* 1808.
- 4 T Sir E. Coke *d.* 1634. First American Congress, 1774.
- 5 F Scottish Temperance Union formed, 1838.
- 6 S Blucher *d.* 1819. Colbert *d.* 1683.
- 7 S Battle of Borodino 1812. Count Buffon, the Naturalist *b.* 1707.
- 8 M Jerusalem taken by Titus, 70. Ariosto *b.* 1474. B. Hall *d.* 1656.
- 9 T William the Conqueror *d.* 1087. Battle of Flodden, 1513.
- 10 W J. C. Adelung *d.* 1806. R. Reynolds *d.* 1816.
- 11 T James Thomson *b.* 1700. Lord Thurlow *d.* 1806.
- 12 F Sir W. Dugdale *b.* 1605. [13. Charles James Fox *d.* 1806.
- 13 S South Indian Temperance Union formed, 1838. Lord Burleigh *d.* 1603.
- 14 S Moscow *burnt*, 1812. Dr. Romaine *b.* 1714.
- 15 M British Temperance Association formed at York, 1835.
- 16 T Dr. Jas. Forster *b.* 1697. Fletcher, of Saltoun *d.* 1716.
- 17 W Seige of Gibraltar, 1782. Louis XVIII *d.* 1824.
- 18 T Dr. Johnson *b.* 1709.
- 19 F Teetotal Soc. estab. at Glasgow, 1836. Brussels Peace Congress, 1848.
- 20 S W. Wykeham *d.* 1404. Battle of Newberry, 1643.
- 21 S J. Hutchins, *b.* 1698. Sir Walter Scott *d.* 1832.
- 22 M Charles V. *d.* 1558. F. Gmelin *d.* 1820.
- 23 T New General Post Office opened 1829. S. Butler *d.* 1680.
- 24 W Boerhave *d.* 1738. Dr. M. Baillie *d.* 1823.
- 25 T R. Dodsley *d.* 1764. R. Porson *d.* 1808.
- 26 F Lord Collingwood *b.* 1748. Werner *b.* 1750.
- 27 S James Brindley *d.* 1772. Buchanan *d.* 1582.
- 28 S Thomas Day *d.* 1789. [30. George Whitefield *d.* 1770.
- 29 M *Michaelmasday*. Lord Nelson *b.* 1758.
- 30 T Vegetarian Society formed at Northwood Villa, Ramsgate, 1847.

THE KITCHEN GARDEN.

SEPTEMBER.—This is the season for providing mushroom, spawn, and dung for the mushroom beds. The spawn is found chiefly in dry old rotten dunghills. It is a white fibrous substance spreading in the dung. The spawn must be kept from wet. Plant lettuces in frames for winter use: transplant cauliflowers. The young cabbage plants, which were sown the first or second week of August, for an early crop next summer and autumn, should be planted into nursery beds. Continue to plant celery in trenches, and earth up the plants as they advance. Continue to gather seeds. Cardoons, which will now have made considerable progress, must be earthed up for bleaching, their leaves being previously tied up carefully and regularly.

*Vegetables in Season.* Potatoes, peas, French beans, cauliflowers, turnips, radishes asparagus, and various fruits.

THE FLOWER GARDEN.

SEPTEMBER.—Transplant about the end of this month, trees and shrubs, and evergreens slip and plant fibrous perennials, as rose campion, catch-fly, and campanulus, &c.; trim your box and thrift edgings; transplant, after the middle of the month, some of the strongest plants raised in spring and summer; watch your carnation layers; prepare beds for the best ranunculus, and anemone roots; which may be planted till the end of November. You may also, at the beginning of this month, sow the seeds of these flowers; about the end of it, plant choice hyacinth and tulip roots, for early spring bloom.



SUN'S RISING AND SETTING.

1st day, 6h 2m..... 5h 36m.  
8th day 6h 14m..... 5h 20m.  
20th day, 6h 34m..... 4h 54m.  
28th day 6h 48m..... 4h 38m.

MOON'S CHANGES.

First Quarter.. 2nd day 2h 30m Morning.  
Full Moon .... 10th day 6h 32m Morning.  
Last Quarter.. 18th day, 0h 12m Morning.  
New Moon .... 24th day 3h 9m Afternoon.  
First Quarter.. 31st day 7h 17m Afternoon.

- 1 W Henry III. *b.* 1207. London University College opened, 1828. "Scot.
- 2 T Major Andre hung as a spy, 1780. [tish Temp. Review" pub. 1845.
- 3 F Robert Barclay *d.* 1690. Archbishop Tillotson *b.* 1730.
- 4 S Sir J. Rennie *d.* 1821. R. Hart, of Newcastle *d.* 1761—aged 115 years
- 5 S T. Parr, whose habits were very simple and temperate, *d.* 1690—aged
- 6 M Louis Philippe *b.* 1773. H. K. White *d.* 1806. [152 years.
- 7 T Eddystone Lighthouse opened, 1759. Priessnitz *b.* 1799.
- 8 W First British Temperance Society formed at Greenock by John Dunlop.
- 9 T A soldier when not a murderer is an idler. [1829.
- 10 F Father Mathew *b.* 1790. Benjamin West *b.* 1738.
- 11 S Lord Duncan's Victory, 1797. Wheat sold at 3s. 6d. per quarter, 1296
- 12 S W. Tytler *b.* 1711. Salt is not necessary as food.
- 13 M Murat *shot*, 1815. Canova *d.* 1822. Mrs. Fry *d.* 1847.
- 14 T Battle of Hastings, 1066. W. Penn *b.* 1644. Tycho Brahe *d.* 1601.
- 15 W Virgil *b.* B.C. 70. John Gower *d.* 1400.
- 16 T Ridley and Latimer *burnt*, 1538. Sir P. Sidney *d.* 1586.
- 17 F Kosciusko *d.* 1817. Battle of Leipsic, 1813. John Wilkes *b.* 1727.
- 18 S John Dunning *b.* 1731. Dr. Manton *d.* 1677.
- 19 S Sir Thomas Browne *d.* 1681. Sir G. Kneller *d.* 1723.
- 20 M Battle of Salamis, B.C. 480. Sir C. Wren *b.* 1632.
- 21 T Battle of Trafalgar. Lord Nelson *killed*, 1805.
- 22 W Sir Cloudesley Shovel *wrecked*, 1707.
- 23 T Royal Exchange *found.* 1667. W. Prynne *d.* 1669.
- 24 F Edict of Nantes, 1615. Intemperance is the curse of Britain.
- 25 S Battle of Agincourt, 1415. Aug. Calmet *d.* 1757.
- 26 S Dr. Doddridge *d.* 1751. Demosthenes *d.* B.C. 322.
- 27 M Hogarth *d.* 1764. Servetus *burnt*, 1753. Captain J. Cook *b.* 1723.
- 28 T King Alfred *d.* 900. Erasmus *b.* 1467. John Locke *d.* 1704.
- 29 W Sir W. Ralieggh *beh.* 1618. R. B. Sheridan *b.* 1751.
- 30 T Tower of London *burnt*, 1841. Riots at Bristol, 1831.
- 31 F Peace Congress in London, 1848. All-Hallow Eve.

THE KITCHEN GARDEN.

OCTOBER.—Dung and deeply trench spare ground. Prune roses, honey-suckles, and other shrubs. Plant shrubs, clear winter spinage. Sow maragan-beans and frame-peas in a warm border. Lay into the ground purple and white broccoli, within a few inches of heir lower leaves, with their heads to the north.

Vegetables in Season.—French-beans, cauliflowers, turnips, pumpkins, gourds, melons, hubarb-blossoms, as also peaches, pears, apples, grapes, etc.

THE FLOWER GARDEN.

OCTOBER.—Plant evergreen shrubs or trees in clumps, also forest-trees of all sorts, roses, lilies, honey-suckles, &c.; prune such as are growing; propagate by layers, hardy trees and shrubs, as elms, limes, &c.; transplant suckers of roses; plant all sorts of bulbous roots; part the roots of such as have increased too much; remove your auricular plants, and carnations, in pots, to a sheltered dry situation for the winter.

## SUN'S RISING AND SETTING.

1st day 6h 56m.....	4h 32m.
8th day 7h 8m.....	4h 20m.
18th day 7h 24m.....	4h 6m.
28th day 7h 42m.....	3h 56m.

## MOON'S CHANGES.

Full Moon.....	8th day 11h 20m Afternoon.
Last Quarter 16th day	9h 22m Afternoon.
New Moon ....	23rd day 2h 7m Morning.
First Quarter . .	30 day 3h 26m Afternoon.

- 1 S Sir M. Hale *b.* 1600. Great Earthquake at Lisbon, 1755.
- 2 S R. Hooker *d.* 1600. Sir Samuel Romilly *d.* 1818.
- 3 M Drake returned from his voyage round the world, 1580. [1844.]
- 4 T King William landed, 1688. Formation of Scottish Temperance League,
- 5 W Churchill *d.* 1784. Battle of Jenappe, 1792.
- 6 T Princess Charlotte *d.* 1817. James Gregory *b.* 1638.
- 7 F First publication of the "London Gazette," 1665. Battle of Prague, 1660.
- 8 S Cortez entered Mexico, 1519. Milton *d.* 1674.
- 9 S W. Camden *d.* 1623. W. Hayley *b.* 1745. Catherine of Russia *d.* 1796.
- 10 M Luther *b.* 1483. Dr. John Gregory *b.* 1607.
- 11 T
- 12 W Richard Baxter *b.* 1615. Battle of Sheriff-muir, 1715.
- 13 T George Fox *d.* 1690. J. P. Curran *d.* 1817.
- 14 F Leibnitz *d.* 1716. J. Bryant *d.* 1804.
- 15 S Battle of Morgartine, 1315. Lavater *b.* 1741.
- 16 S Gustavus killed at Lutzen, 1632. Dr. Hawsworth *d.* 1773.
- 17 M Le Sage *d.* 1747. Lord Erskine *d.* 1823.
- 18 T H. Grosvenor, of Wexford *d.* 1780—aged 115.
- 19 W Bayle *b.* 1647. Riots at Manchester, 1792.
- 20 T Cape of Good Hope doubled, 1497.
- 21 F Lord Hawke's victory, 1759. Reason conquers by gentleness.
- 22 S Lord Clive *d.* 1774. Dugald Stewart *b.* 1753.
- 23 S First balloon ascent, 1782. Archbishop Tillotson *d.* 1694. [*d.* 1820.]
- 24 M L. Sterne *b.* 1713. Peace with America, 1814. Dr. T. Brown, of Edin.
- 25 T Dr. Isaac Watts *d.* 1748. Lord Stair *d.* 1695.
- 26 W Great storm, 1703. Dr. J. Black *d.* 1799. John Nichols *d.* 1826.
- 27 T Thomas Lord Lyttleton *d.* 1779.
- 28 F Cardinal Wolsey *d.* 1530.
- 29 S Oliver Goldsmith *b.* 1731. Beccaria *d.* 1794.
- 30 S John Seldon, *d.* 1657. Swift *b.* 1669.

## THE KITCHEN GARDEN.

NOVEMBER.—In the middle, or towards the end of this month is a proper season to plant early beans, to succeed such as may have been planted in October. The same direction may be applied to peas. Where the asparagus beds were not cleaned and earthed up during the last month, it must now be done. Artichokes should now receive their winter dressing. The beginning of this month you should take up carrots and other roots to be preserved in sand, &c., for the use of the kitchen during the winter months. About the middle, or towards the latter end of this month, according to the state of the weather, will be the time to put fires in the hot-houses, particularly in the evenings.

*Vegetables in Season.*—Carrots, turnips, parsnips, onions, leeks, shalots, cabbages, savoys, beets, pot-herbs, mushrooms, truffle, salads, black radishes.

## THE FLOWER GARDEN.

NOVEMBER.—Take care of beds of choicest hyacinths, tulips, &c.; cover all your flowers in bad weather; carry on your digging in the shrubbery; roll your gravel walks; remove all plants in pots to a warm and dry situation; plunge some of them in the ground to guard the roots from frost; protect all plants against severe frost; support newly planted trees by stakes; prune flowering shrubs and evergreens; plant bulbs in water-glasses, as well as in pots, in the house; many sorts of perennials, and biennials may still be planted as scarlet lychnis, rose campion, sweet-williams, stock July flowers, London pride, double daises, &c., intermix the different sorts so as to produce an agreeable variety.

SUN'S RISING AND SETTING.

1st day, 6h 56m	4h 32m.
8th day, 7h 8m	4h 20m.
18th day, 7h 26m	4h 6m.
18th day, 7h 42m.	3h 54m.

MOON'S CHANGES.

Full Moon,	8th day, 3h 27m, After.
Last Quarter,	15th day, 5h 25m, After.
New Moon,	22nd day, 3h 33m, After.
First Quarter,	30th day, 1h 14m, After.

- 1 M Ebenezer Elliott, *d.* 1849. Pope Leo X. *d.* 1521. J. le Mesarièr *d.* 1783.
- 2 T Bonaparte crown. Emperor, 1804. Battle of Austerlitz, 1805. [aged 118.
- 3 W Teetotal Societies formed in the Isle of Man by James Teare, 1835.
- 4 T Cardinal Richelieu *d.* 1542.
- 5 F Harley, Earl of Oxford *b.* 1661. Macbeth slain, 1056.
- 6 S Geo. Monk, Duke of Albemarle, *b.* 1608. Henry Jenkins *d.* 1670, ag. 165.
- 7 S Alegn. Sydney *beh.* 1683. Marshal Ney *shot*, 1815.
- 8 M Elihu Burritt *b.* 1811. Milton *b.* 1608. R. Baxter *d.* 1691.
- 9 T George Washington *d.* 1799.
- 10 W Dr. Cullen *b.* 1712. Charles XII. of Sweden *b.* 1718.
- 11 T John Gay *d.* 1732. Tea seriously affects the nervous system.
- 12 F Lord Hood *b.* 1724. Dr. Darwin *b.* 1732. Colley Cibber *d.* 1757.
- 13 S Henry IV. of France *b.* 1553. Dr. Johnson *d.* 1784. Lord Ellenborough *d.* 1818.
- 14 S Malte Brun *d.* 1826. Izaak Walton *d.* 1683.
- 15 M Mrs. Trimmer *d.* 1810.
- 16 T Cromwell decl. Protector, 1653. Sir H. Davy *b.* 1779. T. Pennant *d.* 1798.
- 17 W Earl Stanhope *d.* 1816. Rev. W. Cowherd *b.* 1762. Geo. Whitfield *b.* 1714.
- 18 T Thomas Guy *d.* 1724.
- 19 F Tycho Brahe *b.* 1546. W. Bowyer *b.* 1609. [wine.—Paul.
- 20 S Thomas Gray *b.* 1716. It is good neither to eat flesh nor to drink
- 21 S Dr. Vincent *d.* 1815. G. de Morreau *d.* 1815.
- 22 M T. Holcroft *b.* 1744. Wollaston *d.* 1828.
- 23 T James II. fled from Rochester, 1688. F. Peat *d.* 1790, aged 130.
- 24 W First Temp. Coffee-house opened at Preston, 1832. Dr. Beddoes *d.* 1808.
- 25 T CHRISTMAS DAY. Sir Isaac Newton *b.* 1642.
- 26 F Dr. Fothergill *d.* 1780.
- 27 S John Kepler *b.* 1571. Arthur Murphey *b.* 1727.
- 28 S Dr. Burney *d.* 1817. Col. T. Winslœe *d.* 1731, aged 146.
- 29 M Lord Stafford *exec.* 1680. N. Rowe *d.* 1737. P. Crartion *d.* 1695, ag. 185.
- 30 T Robert Boyle *d.* 1691. Marmontel *d.* 1799.
- 31 W Boerhave *b.* 1668. John Flamstead *d.* 1719. W. Gifford *d.* 1827.

THE KITCHEN GARDEN.

DECEMBER.—Continue in open weather to prepare vacant ground for spring. Dress flower borders. Plant thorn and other hedges. Examine fruits—and forget not the mind and heart need examining and cultivating as much as the garden. Begin at once.

*Vegetables in Season.*—Brussels cabbage, cauliflowers, cardoons, red cabbage, beets forced asparagus, celery, mushrooms, truffles, scorsonera, sea-kale.

THE FLOWER GARDEN.

DECEMBER.—Prune forest trees of all descriptions; plant hedges of the deciduous kind—as hawthorns, elm, privot, sloe, &c.; cover all your tender flowers and plants with mats, if they are not in frames; remove them to the warmest berths; plunge some of them in the earth; watch also those in boxes and pots; break up compost for beds and pots. In fine dry weather, give your plants a little air, but carefully protect them from frost, by hoops and matting, and dry straw.

## The Life of Priessnitz.

THE contempt of the world, and the cold sneers of misanthropy, are equally the reward of the reformer in physics as in morals. The discoverer of the modern system of hydropathy, or water cure, one of the boldest and most valuable of the marches of human knowledge, has not escaped the breath of sarcasm, nor the finger of malevolence and scorn. Priessnitz was born at Grafenberg, in Silesia, October 7, 1799. His father died in 1838, and his mother in 1821. Priessnitz is not, as his enemies have represented, an ignorant peasant; but a substantial and well educated yeoman of Silesia. Priessnitz was the youngest of six children, and was born in the family residence, which has since become celebrated for his hydropathic discoveries. He inherited an estate of 180 acres of land, with the "stone house" in which he was born; and received in his youth the practical and well-directed education for which the agricultural districts of his country are remarkable. At the age of twelve, he made his first essays in the water cure, for, having sprained his wrist, he dashed water on it, and applied a wet bandage, which produced an "ausschlag," or eruption, which alarmed him, till sprain and eruption went away together.

Priessnitz is about 5 feet 8 or 9 inches in height, squarely and stoutly built. His complexion is fair, and slightly pitted from small pox; his hair is light and cut shortly; the forehead expansive and well formed, expressing high perceptive and intellectual power—moral sentiments well developed—a keen, searching, restless eye;—nose prominent; mouth large and square; lips firmly and handsomely set together, on which there dwells a fascination when they relapse into a smile. His figure is erect and manly; and to close the description in the words of one of our popular writers, it may be said, that, "notwithstanding several defects in point of beauty, and a sternness of outline in almost every feature; there is something uncommonly pleasing as well as striking in the whole expression of his countenance, and one reads there kindness of heart, as well as firmness and decision of character." His dress is of the plainest kind: his coat usually a grey frock, loosely and badly cut, pantaloons of the same materials, vest double-breasted, and buttoned nearly up to the throat. He first applied the wet bandage to swollen joints and local pains, and was gradually led to its application in gout and rheumatism. Observing that the wet bandage remained cold from want of heat in the part affected, he covered it with a dry one, to prevent evaporation, and confine the heat. The appearance of eruption in many cases, before amelioration or cure, led him to suppose there was generally some peccant or foreign matter required to be drawn out or eliminated.

When sixteen years of age, after loading a waggon with hay, Priessnitz was standing at the horse's head, whilst his companions were coggng the wheel; before this was effected, the horse struggled, overcame him, and rushed down the hill, which was very steep. Unwilling that the animal should destroy itself, Priessnitz would not relinquish his hold, his foot caught in a bush, he fell between the horse's feet, was dragged, trampled upon, and severely bruised. He was taken up senseless, with two of his front teeth gone, and three ribs on the left side broken, he was carried home, and a doctor sent for; who, after causing great pain by probing and "punching" the side, applied his remedies, at the same time prognosticating that his patient would never perfectly recover. Priessnitz having no respect for his treatment or opinion, declined to doctor's further attendance. He then began to manage himself. By frequently holding his breath, and pressing his abdomen on the side of a table, he forced back the ribs into their proper position. Wet bandages were constantly applied and changed, and water drank in abundance. By perseverance in these means he rapidly mended, and in twelve months his health was completely restored.\*

From this time his fame spread, and the simplicity of the means employed, together with their wonderful efficacy in restoring the patients, soon gave rise to a report that dark influences were concerned, and his name became suggestive of witchcraft and talismanic powers. Patients flocked to him from all quarters, and his dwelling-house was soon converted into an hospital; but, as he received no fee, and his new system—so simple and effective—aimed directly at the abolition of class interests, and the destruction of drug dogmas, he was soon surrounded with enemies, and greeted with bitter antagonism and ingratitude. The priests were his first enemies, and these were followed by the doctors; the latter being most bitterly incensed against him for having introduced simplicity and certainty into the art of healing. The burgomaster of Freiwaldau, and two physicians, entered into a conspiracy to crush him. These men continued their persecutions during thirteen years, but so far from carrying out the object of their plans, they, on the other hand, contributed to increase his fame.

In 1831, his enemies, finding that his fame steadily increased, took a very determined course, and got a commission to inquire into the new system; but, notwithstanding that they were already prejudiced against it, were so astonished and pleased when they visited the establishment, as to make report of the most favourable and flattering kind.

\* Captain Claridge on the Water Cure.

## Development of Hydropathic Principles.

PRIESSNITZ, having so early in life experienced the beneficial effects of water on his own person, it might be expected that his attention would be directed to the discovery of the best modes of applying water in all the varieties of disease. Whenever, therefore, he heard of a neighbour who had received an injury, or had enlarged or swollen joints or parts, or was afflicted with pain, he urged, and generally prevailed upon him, to use the *umschlag*; but he remarked that the rash did not uniformly appear, and in such cases the process of healing was rapid, while in those wherein it did appear, the cure was more obstinate.

This convinced him that in one the blood was healthy, while in another it was mixed with paccant matter, and that water possessed the property of extracting that matter. In cases of *chronic ulcers*, and where there was no inflammation, it occurred to him to cover the *wet umschlag* with a *dry one*, for the purpose of creating heat, or a return of the inflammatory action, without which, he discovered, a cure could not be effected.

What was he to do where disease was general, not local? The *umschlag* and *sponge* were found insufficient. Why not envelope the whole body? He was transported with the idea; and the LEINTUCH, or *wet sheet packing*, sprung into existence.

But he did not stop here. Finding some LOCAL CHRONIC AFFECTIONS resisting as well the *leintuch* as the *umschlag*, he conceived the idea of *partial baths*, for a long time continued, to produce perturbation and reaction beneath the surface. HENCE THE FOUNDATION OF HEAD, EYE, ARM, SITZ, LEG, AND FOOT BATHS. Still, there was a class of these cases so obstinate as to resist this united treatment. What was to be done? Was there no way in which the water could be here made effective? He had experienced the potency of falling water. Why might it not be the agent which he desired? He erected at once, in one of the beautiful dells of the mountain, a DOUCHE, and the object was attained!

The SWITZEN, or *packing in a woollen blanket*, was suggested by observing that perspiration frequently removed pain, and was efficacious in many diseases, and as, unlike the *vapour* and *hot baths*, it did not accelerate the circulation and debilitate the system; and as sweating in it, after a proper time, would voluntarily terminate, he did not hesitate to give it the preference over all other known modes of promoting perspiration, and adopt it in practice. The patients who were obliged, occasionally to remain in it some time, on complaining of a senation of faintness, he relieved, by opening the windows and washing the face. The relief thus afforded induced him to *sponge* the body; and no ill consequences following, he directed the whole person to be immersed. Hence he was led to the WANNEN BAD, or *plunge bath*.

There was still a class of cases, such as apoplexy, paralysis, tetanus, lock-jaw, hydrophobia, insanity, poisoning, &c., and some cases of determined colds, inflammations, and fevers, to which none of the treatment yet devised, except in some stages, perhaps the *leintuch*, was adapted. Here was a trial for the new system. Could it be overcome, the triumph was complete. In all the cases mentioned, a speedy cure was hoped for, in the judgment of Priessnitz, if a marked change could be produced. His genius did not desert him in this extremity. He designed ABGESCHRETTES, or *tepid shallow bath*, to meet the emergency. Containing but a few inches of water, of a temperature of from 60° to 70° F., the patient could be kept in it, exposed to active friction, until the object sought for was effected, (and he has been known to keep a patient in for nine hours.) And here we have the *chef d'œuvre* of Priessnitz's discoveries. It is his favourite resource in these, and in all cases of extremity: and it is not too much to say, that without it, many of his most splendid achievements must have been unrecorded.

Thus by the extension of a knowledge of the fundamental principles of Hydropathy, and the steady adherence to the teachings of experience, its sphere of operation has been rapidly widened, and its powers and resources increased. By means of skilful and scientific arrangements; so many varieties may be given to the course of treatment, that every curable disease may be entirely removed by means of it, and without, in any case, a resort to drugs.



## Introduction of the Water Cure to Great Britain.

ALTHOUGH we meet with evidences of the early use of water, scattered through the literature of all the eras of the world ; yet as a systematic means for the cure of the curable diseases, it, however, had not birth till the time of Priessnitz. With Priessnitz, therefore, the true history of the Water Cure begins. We purpose in the present sketch to give a few particulars of its introduction into this country, and of the earliest records of English Water Cure labours and practice.

The first English physician who went to Grafenberg was Dr. Wilson ; and after he had been there three months, he was joined by Captain Claridge. The object which each of these gentlemen had in view was, to acquire a practical knowledge of the mode of treatment, and to disseminate that knowledge in the world. Doctor Wilson says in his treatise on the Water Cure.

“The first I heard of the Water Cure was from Dr. Lewis, a friend of Dr. Harrington, the resident physician at Nice ; soon after this I met with Captain Claridge at Florence, who had heard of it from several persons during eight years previously. We had long conversations on the subject, and he was struck with Dr. Macartney’s opinions on the remedial powers of water, in a work I had published some years previously. But for this, and a long letter I wrote to him when he was labouring under rheumatic fever, which he thought had been produced by water applications, —most probably it would not have attracted his attention further, and the Water Cure would have lost one of its most energetic advocates.”

The fact will sufficiently explain the falsity of a change of collusion between Dr. Wilson and Captain Claridge ; and when we state further that each of these gentlemen were preparing to publish works upon the subject, and that Captain Claridge kept his own book in profound secrecy from Dr. Wilson, the impossibility of any speculative plan between the two will be plainly seen. On the return of Dr. Wilson to England his friends earnestly advised him to abandon so wild a scheme as hydro-pathy appeared to them, but so far from yielding to these entreaties, he at once commenced the practice at Malvern, and in a few months had as many patients as he could attend to. No sooner, however, did Dr. Wilson begin to attract attention and deserve that attention by success, than he was, according to the established rule of the world, singled out for abuse and misrepresentation, and wagers were laid that he would be driven from Malvern in less than a year. At last, tired and irritated to an extent which few could have withstood, he published a retort, entitled “Stomach Complaints, and Drug Diseases.” This work was bold and decisive in its tone, but contained too many personal allusions to be received with any other feeling but antagonism. It unscrupulously attacks the drug system and exposes its fallacies. For the personal attacks Dr. Wilson has expressed his regret, and offered an apology in his treatise on the Water Cure.

Perhaps there is no event in the history of medicine which has so completely started the profession as the sudden introduction and rapid progress of the Water Cure. The general impression wished to be conveyed was, that it was a “dangerous and useless innovation,” but such an assertion was speedily shewn to be fallacious by the cures which it soon effected.

When establishments for the treatment of diseases by water are formed in every part of England, which, no doubt, will be the case in a very short time, they will ultimately have the effect of mitigating, and, it may be hoped, removing altogether, a long list of diseases ; I will go further, and say, that I have no doubt that consumption, which now carries off its thousands and tens of thousands, with scrofula, gout, and a number of hereditary diseases,—not omitting those produced by drugs,—will become comparatively unknown—a tale of former times. The influence of these establishments will sooner or later be felt by the whole community ; they will also become summer resorts for recruiting by a course of scientific bathing, and they will be considered agreeable centres of reunion ; all persons leaving them will be so many missionaries of temperance, filled with the ardent desire that all should participate in the good they have experienced, and the immunity from pain which they enjoy from their new mode of life. In a country like England, where there is such free inquiry, and such rapid circulation of thought, it will be carried on at railroad pace.

## Water Cure Localities.

WE regret, that notwithstanding considerable efforts were made on our part to procure particulars of the several establishments, by personal inspection and otherwise, our means should be so limited. This, as well as other defects, we hope to remedy next year, as our *plans* are now more complete, and we shall have plenty of time, if life be prolonged, to work them out, We commence our remarks with

GRÄFENBERG. The scene of the first labours of Vincent Priessnitz, is situated within the Austrian portion of Silesia, and is one of the Sudates Mountains, an extensive range of beautiful hills. It is about 11,000 miles south-east of London, and is a mountainous district, elevated 1909 ft. above the level of the sea. It is remarkable for the picturesque beauty of its scenery. The Neseltop commands an extensive view of the whole of the Prussian plains, to the extent of many miles. From its natural beauty, its intermixture of hill and valley, its grand old forests, the fresh and invigorating air, and the sparkling and inexhaustible springs which gush up amid the neighbouring rocks, and in the green nooks of the woods and valleys, it is admirably adapted as a site for such an establishment as that of Priessnitz. There the effeminate who have lost the bloom and buoyancy of life amid the enervating influences of town life, may once more know the joy of returning health. There the blessings of renewed vigour are dispensed to the jaded, the enfeebled, the sick and suffering, whether in mind or body. The climate of Gräfenberg is somewhat rough, and in winter the air is rough and raw, with frequent snow-storms and severe frost. At this place some 300 or 400 patients are always assembled and Priessnitz devotes himself assiduously to the treatment of their cases. The establishment consists of one very large building, one large, two small, and two moderate sized dwellings, with the necessary out offices. In the large building Priessnitz and his family reside. It also, beside many sleeping apartments for a portion of the guests, contains the kitchen, dairy, bakery, and the dining saale, which latter being 120 feet long by 35 broad, with a large recess on one side affords an excellent promenade on a winter evening. The nature of the daily occupation of the patients is somewhat as follows. About five o'clock baddieneer, or bath servant, comes and wraps the patient in a wet sheet, placing above him a feather bed, and thus leaves him tucked up, to perspire for an hour or two. After this he is conducted down to the cold bath, into which he plunges. After drying and dressing, the patient usually takes a walk to the springs to drink of the water, and returns to breakfast. After breakfast comes the douche, sitting bath, or wet sheet, and the walk, and dinner. After dinner, walking, wet blankets, wet sheets, or sitting bath, till seven o'clock, when supper is served. The evenings are spent in conversations, galas, balls and musical parties. Priessnitz insists on the abandonment of flannel as an article of clothing, and enjoins the use of Neptune's girdle in its place. Nearly all the patients take their meals in the saloon of the large house, which is capable of holding five or six hundred persons.

One of the initiatory processes preparatory to entering on the course of treatment at Gräfenberg consists in the practice of taking early morning walks, in order that the constitution may undergo some amount of hardening. If the visitor chances to approach Gräfenberg early in the morning, he will see numerous persons dressed in light summer clothing, without cravats, and with their shirt collars open, however bleak may be the wind, walking about briskly on the roads and hills, with no other covering for the head but an umbrella.

MALVERN, the British metropolis of the Water Cure. Here are to be found in full play, Drs. Wilson, Gully, Balbirnie, Grindrod, &c., each accomplishing wonders with simple water, and each possessing peculiar claims to public confidence. Dr. Wilson's is the largest and most complete establishment in England, presenting to the beholder a splendid monument of the efficacy of water in skilful and energetic hands. It cost the Dr. about £20,000, and is, we understand, well filled. Dr. Gully's establishment is on a smaller scale, and although he has, we understand, a good position; few of his patients are boarded and lodged in the establishment. Dr. Balbirnie occupies Gräfenberg House, Dr. Wilson's old establishment, and is giving splendid proofs of the correctness of his views on the *curability of Consumption*. The consumptive should consult him. Dr. Grindrod has just built and fitted up a complete and elegant establishment, called Townsend House, and we trust the teetotal public especially will show their sense of his extensive and valuable labours in their cause, by giving him their preference, in case of their needing such aid as he can render them.

CHELTEMHAM, perhaps, stands next in the scale of importance, as a locality suited for the Water Cure, especially where shelter is required. Its waters have been celebrated for ages, and have been resorted to by invalids from all quarters of the globe. The town is admitted to be one of the most picturesque and beautiful in Europe. For *extent and variety* of rides and walks—for magnificent scenery—for cool wells of purest water, with the amphitheatre of hills girding the town, Cheltenham will yield the palm to no *watering place* in England, as a town. Cheltenham Water Cure establishment consists of two buildings—Sherbourne House, and Sherbourne Villa—and the fittings are remarkably complete. There is employed at this establishment, in all cases where it is applicable, the celebrated Hemospasique Appareil, invented by Dr. Junod, and recommended by the principal physicians in Paris, &c., for local inflammations, and complaints arising from fulness of blood and obstructed circulation, thus giving instant relief, without pain or inconvenience; and supersedes bleeding, blistering, leeches, &c. We are also glad to learn that clergymen and dissenting ministers of very limited means may receive the treatment without charge, as out-patients, and will be received as in-patients at the lowest remunerating charge, as also any members of their family.

BEN RHYDING Establishment was opened in the spring of 1843, and is situated in the romantic valley of Wharfedale, near Leeds, Yorkshire. The building and grounds cost £20,000. Its principal founder and proprietor is H. Stansfield, Esq., formerly Mayor of Leeds, who has been greatly benefited by the Water Cure. The water is said to be very abundant and pure, and the surrounding scenery so commanding and enchanting that it is designated "The Panorama."

### HYDROPATHIC ANECDOTES.

HOOD'S ILLUSTRATION OF HYDROPATHY.—"It has been our good fortune, since reading Claridge on Hydropathy, to see a sick drake avail himself of the 'water cure,' at the dispensary in Saint James's Park. First, in wading in, he took a 'Fuss bad,' then took a 'Sitz bad,' and then turning his curly tail up in the air, he took a 'Kopf bad.' Lastly, he rose almost upright on his latter end, and made such a flapping with his wings, that we really expected he was going to shout 'Priessnitz for ever.' But no such thing. He only said, 'Quack! quack!! quack!!!' Well, what else could he say?

PRIESSNITZ AND THE MILLER.—When Priessnitz had to endure the persevering persecution of the medical practitioners of his country, a dispute was once brought before a local court, relative to the case of a miller who had been attended by the village doctor, without benefit, and had afterwards been cured by Priessnitz. The miller was summoned as a witness, and asked by the court by whom—the Doctor or Priessnitz,—he had been relieved? "By both," he boldly answered. "What do you mean, Sir?" "Why," answered the miller, "I was relieved of my *money* by the Doctor, and of my *pain* by Priessnitz." No more questions were asked.

THE SECRET OF SUCCESS IN LIFE.—In no department of life do men rise to eminence who have not undergone a long and diligent preparation; for whatever be the difference in the mental power of individuals, it is the cultivation of the mind alone that leads to distinction. John Hunter was as remarkable for his industry as for his talents, of which his museum alone forms a most extraordinary proof; and if you look around and contemplate the history of those men whose talents and acquirements we must esteem, we find that their superiority of knowledge has been the result of great labour and diligence. It is an ill-founded notion to say that merit in the long run is neglected. It is sometimes joined to circumstances that may have a little influence in counteracting it, as an unfortunate manner and temper; but generally it meets with its due reward. The world are not fools; every person of merit has the best chance of success; and who would be ambitious of public approbation, if it had not the power of discriminating?

## Diet at Græfenberg.

MUCH has been said and written about the unphysiological character of a portion of the dietary system at Priessnitz's establishment. Persons not accustomed to provide a table for water-cure patients, can have little idea of the difficulty of controlling artificial appetites. Imagine a man surrounded by five hundred invalids, all having their opinions, conceits, and prejudices; all having been long addicted to improper or intemperate eating and drinking; all full of morbid cravings, and in exact ratio to their intensity, incapable of self-control; most of them, too, nervous, peevish, irritable, and fault-finding, because the consequences of over indulgence demand self-denial and privation as indispensable conditions of restoration; and some conception may be formed of the Herculean task of carrying out any dietetic arrangement on strictly physiological rules. It is true that some articles of food, usually found on the table at Græfenberg, are positively bad; and the greater part of the dietary system would admit of improvement. It is not to be supposed that Priessnitz, with all his vastness and originality of mind, has had the opportunity of investigating theoretically and reducing to practice all the details of a physiological regimen. To his great credit, however, and evincive of his quick perception and accurate observation, be it said, that his special directions to his patients as to what food is best for them, are singularly judicious and philosophical, according with the more profound investigations of Graham, Lambe, and other dietetic reformers. He gives them to understand, in general terms, that the more simple and plain their food the sooner they may expect to recover health. He tells them that coarse, unconcentrated food is the best, eaten cool or cold; that brown or unbolted meal is far preferable to fine or superfine for the farinaceous part of their diet; he teaches them that the most rapid and perfect cures are made by abandoning all animal food; that simple brown bread and pure water are sufficient in themselves for perfect nutrition, and then leaves them to their own responsibility. What more could one man do among so many whose appetites were ten times as strong as their wills? Although he did not, amid the opposition and persecution which surrounded and embarrassed him, strictly carry out his own views of diet, he has taken a position far in advance of the medical profession, and which, fifty years hence, like the writings of, Graham, Lambe, Aleott, Smith, and Cornaro, will be better understood and appreciated than now.

R. T. TRAIL, M.D.

## WATER CURE JOTTINGS.

SIR Astley Cooper's famous declaration, that the "science of medicine was founded on conjecture, and improved by murder." This admission, it is said, has recently received in this neighbourhood a curious illustration. A village doctor was called in to attend a tailor in fever; the doctor prescribed "sauer kraut" for his patient, who had the good fortune to recover, whereupon, the learned practitioner made in his diary the following entry—"sauer kraut, good in fever, cured the tailor." Some little time after, our doctor was called in to attend a carpenter, also in fever—the doctor again prescribed "sauer kraut." The carpenter took it, and died. The doctor made a new entry in his diary—"Sauer kraut in fever; bad for carpenters, good for tailors—killed the carpenter, cured the tailor."

**HATCHING HEALTH.**—Taking the sitz bath has been called hatching health, and is far from an uncomfortable mode of doing it, as will be seen from the following:—One day, says a fellow patient at Græfenberg, found a gentleman asleep in his sitz bath. When I spoke to him he did not answer; and, being at the time a novice, I became alarmed, and apprehending that something serious must have occurred, I gently raised his head, when he opened his eyes in a very languid manner, and, to my great surprise, saying, "There, like a good fellow, don't disturb me," he reclosed his eyes, and was instantly fast asleep again.—*Letters from Græfenberg.*

**THE WET SHEET IS THE TRUE LIFE PRESERVER.**—Sir E. B. Lytton, on the subject of the wet sheet, writes:—"Of all the curatives adopted by Hydropathists, it is unquestionably the safest—the one that can be applied without danger to the greatest variety of cases, and which I do not hesitate to aver, can rarely, if ever be misapplied in any case where the pulse is high and hard, and the skin dry and burning. Its theory is that of warmth and moisture, those friendliest agents to inflammatory disorders. In fact, I think it the duty of every man on whom the lives of others depend, to make himself acquainted with at least this part of the Water Cure."

At morning and evening how happy to see the pale face of the operatives breathed upon by the pure air. On Sundays—I know no sight more interesting than the poor striving wife escaping from the close pent house, dressed in her best—her husband carrying the baby, and in every thing insisting that she shall rest from her labour; groups of poor children, looking bright and happy; and every object bespeaking refreshment and rest.

## Philosophy of the Water Cure.

BY JOHN BALBIRNIE, M.D., MALVERN.

THE WATER CURE is a system in harmony with the spirit of our times ; it supplies a want exactly suited to its exigencies. Let not the doubts of the incredulous, or the sneers of the unthinking, here assail us in our opening. "He that judgeth a matter before he heareth it, is not wise." It is enough to forestal such hasty judgments, to say, that the Water Cure is a necessary result of, and appendage to, the discoveries of the immortal Liebig—a philosopher, in honouring whom, on his late visit, the country has honoured itself. Calm discussion of the subject will prove, that not merely in the *fact*, but in the *explanation* of its curative results, Drug-Medication can no more cope with the Water-Treatment, than pack-horses can compete with railways.

Those persons have read history, and studied human nature, to very little profit, who think to silence Truth by outcry, or to arrest its progress by opposition. Hard names, and calumnious imputations, are very questionable weapons of literary warfare ; and are only arms, like the clubs and brick-bats of the mob, which despair takes up in a fury, when sound argument, or a good cause, fails.

The Water Cure is founded on a rock ; and the winds and waves of persecution will in vain assail it !

In the treatment of multiform diseases by so simple and unique an agent as Water, such fixed principles of practice must be established as can alone guide to a judicious selection of cases, and apportionment of processes. Like those of every other remedy, the virtues which water unquestionably possesses, depend on its being used in the proper way ; in the proper case : and at the proper time.

Hot and cold are merely relative terms. Individual susceptibility or sensation is the only true physiological criterion of hot and cold. The gradations of the thermometer are false. The distinctions of cold, cool, tepid, warm, hot, as applied to baths, afford no accurate data for the calculation of their effects : what is cold for one person is tepid for another, or for the same person under altered circumstances of bodily temperature or temperament : what is hot for one, is tepid for another.

*The Tepid or Warm Bath*.—Water or vapour of a sufficiently high temperature to produce a comfortable sensation of warmth on the surface. Its thermometrical range may be from 86° to 96° : that of the vapour higher. The best description of the effects of this bath is conveyed to the mind, by saying that it is a general fomentation or poultice : what a local poultice is to a fretted sore, or to a bruised and broken limb, this is to the entire system. Its effects are relative to the heat of the body placed in it : when the heat is excessive, it soothes and lowers temperature, without much, if any, subsequent reaction. It carries off the heat faster than it is produced in weak or diseased bodies. When prolonged in such persons, it reduces the vital powers to the lowest ebb. Its soothing luxury is pre-eminently appreciated by the wearied body or fagged mind.

*Partial Baths*.—Water applied only to part of the body, as half-baths, hip-baths, head-baths, hand-baths, foot-baths, &c., produces the same effects on the respective parts of the body, as the general baths do on the entire surface ; are used with the same objects ; and are besides specially calculated to exercise a derivative or counter-stimulant action.

*The Douche*.—The effects of cold water upon the body are modified by its falling from a height, and in an unbroken column, as by the mode in question. To the effects of cold water as ordinarily applied, it adds an extra element of power : namely, the *weight* and *momentum* of the stream.

The effect of this is a forcible compression of the capillary vessels and superficial tissues of the parts whereon it plays. The continuous change of the water applied makes it a powerful abstracter of heat. If taken during a vigorous state of the circulation and vital powers, and but of short duration relatively, it induces a very energetic determination to the surface, or *reaction*. The cutaneous circulation is intensely excited : and nervous and muscular power are greatly developed. The action of the heart, however, is, more or less, disturbed ; palpitation, fluttering, and nervous tremor are felt, even by the strong, during the operation ; this is from the force of the stroke (if the column be of the usual thickness, and fall from sixteen to twenty feet), the shock, and the profuse abstraction of heat.



## HYDROPATHIC DIRECTORY FOR 1851.

## BRITISH PRACTITIONERS.

NAME.	RESIDENCE.
*Baikie R., M.D. . . .	Unknown
Balbirnie J., M.A., M.D.	Malvern
Barter R., M.D. [C.S.L.	Blarney, near Cork
Buar, A.M., M.D., F.R.	Dublin
Bushnan J. S., M.D. . .	Wiesbaden
Burgess, M.D. . . .	Mühlbad
Clarke Sir A., M.D. . .	Dublin
Courtney A., Surgeon.	Ramsgate
Curtin T., M.D. . . .	Cork [ock, N.B.
East R., Surgeon. . . .	Dunoon, near Green-
Ellis J., M.D. . . .	S'dbr'ke Prk, Surrey
*Feldmann, M.D. . . .	Unknown
*Freeman, M.D. [C.S.L.	Birmingham [tenhm
Garrett G., M.D., M.R.	Sherb'ne Villa, Chel-
Goodman J., M.D. . . .	Disley, nr M'chester
Gulley J. M., M.D. . . .	Malvern
*Graham T. J., M.D. . .	Epsom
Graham R. H., M.D. . .	London
Grindrod R. B., LL.D.	Malvern
Hills, Surgeon . . . .	Arundel, Surrey
Heathcote, M.D. . . .	Ipswich [shire
Johnson Ed., M.D. . . .	U'brslade Hl, Wrwk
Johnson H. E., M.D. . .	The Frns, Aldry Edg
Johnson W., M.B. . . .	Unknown [Cheshire
*King, M.D. . . . .	Cheltenham [shire
Laurie W. F., M.D. . . .	Dunstable, Bedford.
Lovell H. O., M.D. . . .	London
Malcolm J., M.R.C.S.	Unknown
Marsden J. L., M.D. . .	Malvern
Martin, M.D. . . . .	Unknown
*Mayo H., Surgeon	Boppard
Macleod MD, FRCP Ed.	Wharfedale, Y'kshire
Munro A., Surgeon . . .	Angusfield, Ab'deen
O'Connor P., M.D. . . .	Alexandria [land
Paisley, M.D. . . . .	Bowness, Westmore-
Paterson, M.D. . . . .	Rothsay, I. of Bute
Preshaw, Surgeon . . .	Honeydown House,
Rischanech, M.D. . . .	Darby Dale [Jersey
Smethurst T., M.D. . . .	Moorpark, Surrey
Stummes L., M.D. . . .	Malvern
Wherland J., M.D. . . .	Cork
Wilson J., M.D. . . . .	Malvern
Weeding S., M.D. . . .	Isle of Wight
Wetherhead H., S'geon.	Unknown

## AMERICAN PRACTITIONERS.

NAME.	RESIDENCE.
Alcott W. A., M.D. . . .	Newton, Mass.
Barney L., M.D. . . . .	Jefferson Co., N.Y.
Bedortha N., M.D. . . .	New Lebanon, N.Y.
Coyle T. C., M.D. . . . .	Georgia
Curtis, M.D. . . . .	Cincinnati
Denniston E. E., M.D.	Northampton, Mass.
Dexter, M.D. . . . .	Philadelphia
Eby S. M., M.D. . . . .	Ephrata, L'nc'ter Co.
Foster H., M.D. . . . .	Lowell

\* It is doubtful if these are still practising the Water Cure. Several medical friends of the Water Cure, suggest the propriety of enrolling only such practitioners in the Directory as are *duly qualified*, and in such cases, to give the name of the place where such practitioner obtained his Diploma, and the time when obtained. We have not, however, been able to accomplish anything approaching to this idea in time for our present publication. We hope next year to be able to introduce many improvements.

Farrar, M.D. . . . .	Waterford, Me.
Gleason S. O., M.D. . . .	Glen Haven, N.Y.
Gray M. D., M.D. . . . .	Springfield, Mass.
Hamilton, M.D. . . . .	Saratoga
Hayes P. H., M.D. . . . .	Cuba, N.Y.
Haynes T., M.D. . . . .	Concord, N.H.
Houghton R. S., M.D.	New York
Jackson, M.D. . . . .	Glen Haven, N.Y.
Kitteridge E. A., M.D.	Boston, Mass.
Lorenz C., M.D. . . . .	Waterford, Me.
Mann, M.D. . . . .	Philadelphia
Meeker C. H., M.D. . . .	South Orange, N.J.
Munde C., M.D. . . . .	Northampton, Mass.
Nichols T. L., M.D. . . .	New York
Pomeroy J. A., M.D. . . .	Newtown, Indiana
Potter E. A., M.D. . . . .	Oswego
Reuben L., M.D. . . . .	Canandaigua
Rodgers S., M.D. . . . .	Worcester, Mass.
Roof, M.D. . . . .	Cooperstown, N.Y.
Seelye T. T., M.D. . . . .	Cleveland
Shew J., M.D. . . . .	New York
Shieferdecker C., M.D.	Philadelphia
Schetterly W. R., M.D.	Unknown
Stedman J. H., M.D. . . .	Richford, N.Y.
Stuart F., M.D. . . . .	Philadelphia
Thayer O. V., M.D. . . . .	Picher Springs, N.Y.
Thomas C. B., M.D. . . .	Maysville, Ky.
Trall R. T., M.D. . . . .	New York
Weder, M.D. . . . .	Philadelphia
Wesslehoff, M.D. . . . .	Brattleboro, Vt.
Wilworth B., M.D. . . . .	Unknown

## CONTINENTAL PRACTITIONERS.

NAME.	RESIDENCE.
Adler, M.D. . . . .	Leipzig
Baldou, M.D. . . . .	Paris
Bigel, M.D. . . . .	Strasbourg
Bazan T. D., M.D. . . .	Spain
Brandis, M.D. . . . .	Pesio,* Piedmont
Beck . . . . .	Berlin
Barschewitz, M.D. . . .	Gorishowo, Posen
Bentzel, M.D. . . . .	Ulm, Wurtemberg
Bender, M.D. . . . .	Weinheim, Baden
Blau, M.D. . . . .	Langenberg, Reuss-
Bürkner, M.D. . . . .	Breslau [Gera
Brünner, M.D. . . . .	Albisbrun, Swizerlnd
Cohn, M.D. . . . .	Reimansfelde, Prus-
Cybulka, M.D. . . . .	Prag [sia
De Bonnard A., M.D.	Pt-a-moussin, France
De Waremme H., M.D.	France [tria
Emmel, Surgeon. . . . .	Kaltenleutgebr, Aus-
Frolich, M.D. . . . .	Wiedenau, Silesia
Fritz, Surgeon . . . . .	Budischan, Moravia
Flikentscher, M.D. . . .	Alexnd'rsbad } Bay-
Fleischmann, Prof. . . .	Schallersdorf } aria.
Fitzler, M.D. . . . .	Ilmenau, Saxe-Wmr

\* This is the first Water-Cure Establishment opened in Italy; it was founded by Captain Claridge, and has just completed its third season, two of which it was under the medical superintendence of John Gibbs, Esq. There is, perhaps, no part of the world in which the Water-Cure was more favourably received on its introduction than in Italy—some of the most eminent men in the profession, both native, British, and French, having furnished patients to the Pesio establishment. Other establishments are now in contemplation in Italy.

Gillebrt-Dhrcourt, M.D.	Lyons	France
Geoffroy, M.D.	Nancy	
Gränichstaedten, M.D.	Laale, Austria	
Hamplin Dr.	emberg	
Halmann, M.D.	Marienberg	on-the
Heusner, M.D.	Mühlbad	Rhine-
Hörner, M.D.	Schlafsmarn	Bavaria
Hempfel, M.D.	Leimnau	
Herzog, M.D.	Schweitzermühle,	
James C., M.D.	Paris	[Saxony
Kanzler, M.D.	Kuchelbad, Bohemia	
Klee Dr.	Posen	
Kupuseinski, M.D.	Poland	
Koren, Surgeon	Budischau, Moravia	
Küster, M.D.	Cronthal, Nassau	
Lamour R., M.D.	France	
Legrand M.A., M.D.	Paris	
Lubanski, M.D.	Pont-a-moussin, Fr.	
Koren, Surgeon	Leitmeritz	[sia
Lehman Dr.	Alt-Scheitnig, Prus-	
Lincke, M.D.	Jonsdorf, Saxony	
Malik, M.D.	Karlsbrunn	
Mosen, M.D.	Marienbad, Prussia	
Müller, M.D.	Saxon Switzerland	
Mazegger, M.D.	Obermais, Tyrol	
Marker, M.D.	Denmark	[mia
Mayer, M.D.	Geltsberg, Bohe-	
Martiny, M.D.	Lebnsten, Sxe-Mngn	
Niederführ, Surgeon	Kunzendorf, Silesia	
Niemann A.	Unknown	
Noggerath, M.D.	Rolandseck-on-the-	
Oertel Prof.	Auspach	[Rhine
Ottenthal Von, M.D.	Mühlau, Tyrol	
Otto-Schram, M.D.	Unknown	
Priessnitz Vinzenz	Gräfenberg	
Pigeare, M.D.	Neuilly, France	
Piutti, M.D.	Elgrsbrg, Sxe-Gotha	
Petri, M.D.	Laubach, nr Coblenz	
Plitt, M.D.	Tharant, Saxony	
Parow, M.D.	Greifswalde, Pome-	
Scouttetton H., M.D.	Paris	[rania
Schedel, M.D.	Paris	
Schrötteringk A., M.D.	Hamburg	
Swygenhorn, M.D.	Belgium	
Schitzlein, M.D.	Bavaria	
Stecherl, M.D.	Kreitscha, Saxony	
Sitzler, M.D.	Ilmenau, Saxe-Wmr	
Schnackenberg, M.D.	Wifzngr, Hesse-Cast	
Schneider, M.D.	Gleisweiler, Bavaria	
Vick, M.D.	Rostock, Mecklenbg	
Vöggt, M.D.	Alxndrnbad, Brdnbg	
Vogel, M.D.	Hnhenstein, Saxony	
Wachendorf, M.D.	Eskrath, Rhenish-	
Waitz, M.D.	Holland	[Prussia
Wertheim, M.D.	Germany	
Weidenhoffer, M.D.	Elisenbad, Bohemia	
Würzner P. C., M.D.	Austria	

† There are many other practitioners and establishments, both at home and abroad, especially in Russia, whose names we regret we are unable to furnish. There is also, we are informed, an establishment about being opened in Egypt by an Irish physician.

We are also informed that an establishment has recently been opened in Jerusalem, another in Alexandria, and one in Cairo, as well as one in one of the West India islands, but their locality, and the names of their directors, are unknown to us. We are greatly indebted to several medical friends for their prompt and valuable aid; especially to Dr. Gibbs, who has rendered us good service; but we are far from being satisfied with the result of our humble attempt to serve the cause, being conscious that this list is, in many respects, very defective. These defects, with the further aid of our friends, we hope to remedy next year. We shall be glad to receive facts and information generally bearing on the subject for our next publication, not later than the 1st October, 1851.

### FRANKLIN'S PROVERBS.

1. TEMPERANCE.—Eat not to dulness; drink not to elevation.

2. SILENCE.—Speak not but what may benefit others or yourself; avoid trifling conversation.

3. ORDER.—Let all your things have their places; let each part of your business have its time.

4. RESOLUTION.—Resolve to perform what you ought; perform, without fail, what you resolve.

5. FRUGALITY.—Make no expense but to do good to others or yourself; that is, waste nothing.

6. INDUSTRY.—Lose no time; be always employed in something useful, cut off all unnecessary actions.

7. SINCERITY.—Use no hurtful deceit; think innocently and justly; and if you speak, speak accordingly.

8. JUSTICE.—Wrong none by doing injuries, or omitting the benefits that are your duty.

9. MODERATION.—Avoid extremes; resenting injuries as much as you think they deserve.

11. TRANQUILLITY.—Be not disturbed at trifles, or at accidents common and unavoidable.

12. CHARITY.—Be charitable to all, old or young, rich or poor.

13. HUMANITY.—Imitate Jesus and Socrates.

FOOT BATHS.—The soles of the feet and the palms of the hand are extremely sensitive, having abundance of nerves, as we find if we tickle them; and the nerves of the stomach and brain feel strongly any impression made on the extremities. If the feet are put often into hot water, they will become habitually cold, and make one more or less delicate and nervous. On the other hand, by rubbing the feet often in cold water, they will become permanently warm, to the benefit of the stomach and head. A cold foot bath will stop a violent fit of hysterics, sometimes like magic, (this shows its influence on the body generally,) cold feet show defective circulation, and something wrong with the nerves of brain or stomach." The same treatment of the whole body must produce the same results. People who wear no shoes nor stockings seldom suffer more from cold feet than from cold hands,

## Hydropathic Literature.

SINCE the introduction of Hydropathy into this country, it has been winning its way,—slowly perhaps, but surely, in public estimation. Of this we are afforded proof in the support which is extended to so many Hydropathic Practitioners, in different parts of the kingdom, as well as to the ready sale of a number of books and pamphlets, written in explanation of its principles. It has already enlisted some of the most popular and powerful writers, as will be seen by the following list. Still we think, with J. Gibbs, Esq., that the reprint of the older writers on the external and internal use of common water, in the treatment of disease, would be a great boon, not only to the public, but to the profession. Of those writers, it would perhaps be desirable to publish the following in full, viz., Van der Heyden, Floyer, Baynard Hancock, Smith, King, Simpson, Wainewright, Short, Brown, Athill, and Blair; and, in whole or in part, Currie, Jackson, Kinglake, Ryan, Rigby, Whyte, Stock, Rumford, Buchan, Wesley, and Cochrane, with extracts from many others.

The following Works may be procured of the Publisher of this Almanac:—

TITLE.	AUTHOR.	TITLE.	AUTHOR.
Hydropathy ... ..	Captain Claridge.	Theory and Practice of the Water-cure ... ..	Dr. Bailek.
Facts and Evidences.. ..		Hydropathy ... ..	Dr. Shew, a,
Cholera ... ..	Dr. J. Wilson.	Water-cure Manual .. ..	
Every Man his own Doctor..		Consumption .. ..	
The Water Cure ... ..	Drs. Gully and Wilson.	Cholera .. ..	
Drug Diseases... ..		Water-cure in Pregnancy ..	F. Graeter.
Practice of the Water-cure...	Dr. Gully. Abdy.	Facts in Hydropathy... ..	
Dangers of the Water-cure...		Hydriatics... ..	Dr. Nicholls.
Water-cure in Chronic Disease	Dr. Sme- thurst.	Introduction to the Water-cure	
The Water-cure ... ..		Experience in the Water-cure	Dr. C. H.
Hydrotherapia ... ..	Weiss.	Water-cure in all Diseases	
Handbook of Hydropathy ..		Errors of Physicians, &c.	Meeker, a.
Hydropathy ... ..	Doctor E. Johnson.	Atinopathy and Hydropathy ..	
Results of Hydropathy ... ..		Water-cure for Ladies .. ..	Shew, a.
Letter on Hydropathy ... ..	Doctor Balbirnie.	Water and Vegetable Diet ..	
Lecture on Hydropathy ... ..		Medical Visit to Græfenberg ..	Scudamore.
Domestic Practice of do ... ..	Dr. J. Forbes,	Observations on Hydropathy ..	
Diseases of Women ... ..		Principles of Hydropathy ..	Dr. Mastin.
Philosophy of the Water-cure	Dr. M'Leod.	The Wet Sheet .. ..	
Words of a Water-doctor		Hydropathy ... ..	Dr. Weeding.
Cholera... ..	Dr. T. Gra- ham.	A Lecture on ditto .. ..	
Curability of Consumption ..		Theory and Practice of Hydro- pathy .. ..	Dr. Heath- cote.
Hydropathy ... ..	Dr. R. H. Graham.	Principles of Hydropathy ..	
Treatment of Small-pox ... ..		Medical Reflections ... ..	Dr. Freeman
_____ Fever ... ..	R. J. Lane.	Gout and Rheumatism... ..	
Cold Water system ... ..		Hydropathy ... ..	C. V. Schlem- mer.
Græfenberg ... ..	H. C. Wright.	Cold Water Cure... ..	
Life at the Water-cure ... ..		Confessions of a Water-patient..	Dr. Mayo.
Six Months at Græfenberg..	H. E. John- son, M.D.	Observations on Water Cure ..	
Inquiries into the Effects of Water ... ..		A Testimony ... ..	Sir E. Bulwer Lytton.
The Cold Water-cure ... ..	R. Beamish.	Hydropathy ... ..	
Observations on Hydropathy		A Tribute .. ..	J. E. E. Wil- mot.
Letters from Græfenberg ...	Dr. Bushman.	Morbid Emotions of Women ..	
Hydropathy for the People..		Water Cure in Scotland .. ..	W. Johnson, M.D.
Cholera ... ..	J. Gibbs.	Aspects and Prospects	
Hydropathy and Homœopathy		Report of the London Hydro- pathic Society.	Professor Blackie.
Hints to the Halt, Lame and Lazy ... ..	W. Horsell.	Water Cure Journal.	
Results of the Water-cure		American Water Cure Journal, a.	
Fever... ..	E. Lee.		
	Colonel Dundas.		
	R. East.		

Those works marked "a" are American Publications.

The above list is necessarily imperfect. Our friends in the United Kingdom, on the Continent, and in America, will oblige by forwarding us additions and corrections for 1852, so as to reach us not later than the 10th of October, 1851.—ED.

## Water: Opinions of Eminent Ancients.

THALES, like Homer, looked upon water as the principle of every thing. The Spartans bathed their children as soon as born in cold water; and the men of Sparta, both old and young, bathed at all seasons of the year in the Eurotas, to harden their flesh and strengthen their bodies.

Pindar, in one of his Olympic Odes, says "The best thing is water, and the next gold."

There was a Greek proverb to the effect that the water of the sea cured all ills.

Pythagoras recommended the use of cold baths strongly to his disciples, to fortify both body and mind.

Hippocrates, the father of medicine, who added friction to cold bathing, was accustomed to use cold water in his treatment of the most serious illnesses. It was Hippocrates who first observed that warm water chilled, whilst cold water warmed.

The Macedonians considered warm water to be enervating; and their women, after accouchement, were washed with cold water.

Virgil called the ancient inhabitants of Italy, a race of men hard and austere, who immersed their newly-born children in the rivers, and accustomed them to cold water.

Pliny, in speaking of A. Musa, who cured Horace by means of cold water, said that he put an end to confused drugs; and he also alludes to a certain Charmes, who made a sensation at Rome by the cures he effected with cold water. On being asked what he thought drugs were sent for, he said, "he could not imagine, except that men might destroy themselves with them when they were tired of living."

Celsus, called the Cicero of doctors, employed water for complaints of the head and stomach.

Galen, in the second century, recommended cold bathing to the healthy, as well as to patients labouring under the attacks of fever.

Charlemagne, aware of the salubrity of cold bathing, encouraged the use of it throughout his empire, and introduced swimming as an amusement at his court.

Michael Savonarala, an Italian doctor, in 1462, recommended cold water in gout, ophthalmia, and hæmorrhages.

Cardanus, of Pavia, 1575, complains that the doctors in his time made so little use of cold water in the curing of gout.

Van de Heyden, a doctor at Ghent, in a work published in 1624, states that during an epidemic dysentery, he cured many hundreds of persons with cold water, and that during a long practice of fifty years, the best cures he ever made were effected with cold water.

Short, an English doctor, 1656, states that he had cured the dropsy and the bite of mad dogs with cold water.

Dr. Sir John Floyer published a work, called "the Psychrolusie," in 1702, showing how fevers were to be cured with water. From that period to 1722, his work went through six editions in London.

Dr. Hancoock, in 1722, published an anti-fever treatise upon the use of cold water, which went through seven editions in one year.

Dr. Currie of Liverpool, who published a work in 1797, on the use of water, introduced that element extensively in his practice with astounding results.

Tissot, in his "Advice to the People," published in Paris, 1770, shows the importance of cold water.

Hoffman, the famous German doctor, says that if there existed anything in the world that could be called a panacea, it was pure water: first, because that element would disagree with nobody; secondly because it is the best preservative against disease; thirdly, because it would cure agues and chronic complaints; fourthly because it responded to all indications.

Hahn, who was born in Silesia, in 1714, wrote an excellent work upon the curative agency of water in all complaints. A copy was lately found upon a book-stall, and purchased by Professor Oertel for little more than one penny, and has been republished; it is interesting to all who regard with attention that great moral change which the Water Cure is calculated to effect.

## Water : Opinions of Eminent Moderns.

Simple water without any addition, is the proper drink of mankind.—*Cullen.*

When taken fresh and cold it is the most wholesome drink, and the most grateful to those who are thirsty, whether they be sick or well. It quenches the thirst, cools the body, and thereby destroys acrimony; it often promotes sweat, expels noxious matters, resists putrefaction, aids digestion, and in fine, strengthens the stomach.—*Dr. Gregory.*

When men contented themselves with water, they had more health and strength; and at this day, those who drink nothing but water, are more healthy and live longer.—*Dr. Duncan.*

Beyond all peradventure, water was the primitive—the original beverage, and it is the only fluid for the ends appointed by nature. Happy had it been for the race of mankind if other mixed artificial liquors had never been invented.—*Dr. Cheyne.*

Look at the horse, with every muscle of his body swelled from morning to night in the plough or team; does he make signs for spirits to enable him to clear the earth, or climb the hills? No; he requires nothing but cold water and substantial food.—*Dr. Rush.*

The moment we depart from water, we are left, not to the instinct of nature, but to an artificial taste. Under the guidance of the instinct God has implanted within us, we are safe, but as soon as we leave it we are in danger.—*Dr. Oliver.*

The water drinker glides tranquilly through life, without much exhilaration or depression, and escapes many diseases to which others are subject. They have short but vivid periods of rapture, and long intervals of gloom. The balance of enjoyment then turns decidedly in favour of the water drinker; and there is but little doubt but that every person might, gradually, or even pretty quickly, accustom himself to the aqueous beverage.—*Dr. Johnson.*

The intellectual excitement produced by other drinks, is more than counterbalanced by the subsequent depression; and ruin of health, and abbreviation of life are the ultimate results.—*Thrackeray.*

The strength which stimulants impart is temporary and unnatural. It is a present energy purchased at the expense of future weakness.—*Dr. K. Greville.*

Man in ordinary health, like all other animals, requires not any such stimulant, and cannot be benefited by the habitual employment of any quantity of them, large or small, etc.—*Eighty Eminent Surgeons.*

I assert that stimulants are in every instance, as articles of diet, pernicious, and as medicines, wholly unnecessary.—*Dr. E. Johnson.*

Water is the most suitable drink for man, is best fitted to prolong life, and does not chill the ardour of genius. Demosthenes' sole drink was water.—*Zimmerman.*

If people would accustom themselves to drink water, they would be free from many diseases, such as tremblings, apoplexies, giddiness, pain in the head, gout, stone, dropsy, rheumatism, and such like.—*Dr. Pratt.*

No remedy can more effectually secure health and prevent disease than pure water.—*Hoffman.*

Who has not observed the extreme satisfaction which children derive from quenching their thirst with pure water; and who that has perverted his appetite by beverages of human invention, but would be a gainer on the score of mere gratification, without any reference to health, if he would bring back his vitiated taste to the simple relish of nature.—*Dr. Oliver.*



## Medicinal Properties of Water.

WATER is a compound of two elementary principles, Oxygen and Hydrogen, in the proportion of 8 parts; by weight, of oxygen, and 1 by weight of hydrogen. In the atomic constitution of water 1 atom of oxygen :--8 is united to 1 atom of hydrogen :--1 :--9 : so that the atomic weight of water is 9, and in that proportion it enters into all chemical combinations. Pure water is a transparent fluid, without taste or smell ; in a very slight degree compressible. It passes into a solid state, or freezes at a temperature of 32 deg. Fah., and boils at 212°. It becomes vaporous at all temperatures, for even ice exhales a small amount of vapour. It is capable of dissolving a larger number of natural bodies, particularly those of a saline nature, than any other fluid whatever. It is the chief component of all organic bodies, entering largely into the structure of animals and vegetables, and as one of the most indispensable necessities of existence, its qualities and uses, deserve the most careful study.

The quality of fluidity is the most striking in the history of water ; and its life-giving properties depend chiefly on its negative condition, and extreme mobility. As oxygen is the material on which depends the close relation between animal life and atmospheric air, so water, by supplying a much larger amount of this gas to the system, is one of the most effectual aids in digestion, one of the most invigorating agents when applied externally to the human body, the greatest balm when taken in a draught at a time of thirst, and the most potent of means for the eradication of disease from the human frame, and for cleansing and purifying and re-establishing the physical and mental powers. Organic life cannot possibly subsist for any length of time without a supply of water ; the human frame when in health contains as much as 75 per cent. of this essential fluid. When the sun pours down his parching rays on the deserts and jungles of Africa, the leaves and flowers perish and fall, and where Nature had crowded together, all the glories of vegetable life and beauty become a scene of desolation and death ; but no sooner does the rainy season set in again, than the savannas bloom and blossom as before. The fruitfulness of Egypt is alone owing to the periodical inundations of the Nile. There are many cases extant, of individuals having sustained life for a great length of time, with the aid of no other aliment than water. A case is related of a religious fanatic in Albany, America, who deemed it an iniquity to eat food, and who kept himself alive for the space of six weeks by bathing his body with water and drinking it continually. From this it is evident that water possesses a vast power for keeping the vital energies in action, and not merely of stimulating the organic tissues, but of actually nourishing the structure. All changes in the vital tissues, all absorption of new particles, and all removal of effete and worn out materials in the body, all combinations of the tissues with each other are effected by the fluidity of water and its constant presence in the system ! Hence, as a therapeutic agent water is not only powerful and prompt in its action, but it is the only agent which can enter into the minute capillaries without being foreign and injurious to their structure. By judicious application of water to the human frame, under experienced and intelligent superintendence, all the stimulating, exciting, cooling, or depressing effects, for which drugs are otherwise administered, can be induced with greater promptitude, safety, and certainty ; and without any of the injurious effects which result, whenever foreign and poisonous substances, as drugs, are introduced into the system. Not only can pure water be sent with safety and certainty into the minutest capillary and most delicate tissue of the human body, to cleanse and purify and invigorate the structure ; but cold water is one of the most powerful external agents for the production of counter irritation, that exists. The first effect of cold is to cause a general contraction of the vessels, and to send the blood bounding back to the heart and interior of the body ; but as Nature always supplies a greater energy to counteract any shock which the system may sustain, so the organism here rebounds, and rouses the vital powers into new energy ; the action on the surface of the body is greatly augmented. By this increase of energy and renewed glow of blood to the surface, the sensibility is greatly increased, and a copious perspiration takes place over the whole system. The appetite is strengthened, the secretions are rendered more pure, the organs of sense are quickened, and the whole frame acquires new energy, strength, and elasticity, and the boon of health once more returns. By a proper regulation, as to time, condition, and quantity, every disease curable by human means, may be most successfully treated by water alone ; and in all those which admit of relief, water is the best, the safest, and most effectual agent for affording it.

## Unnatural Stimulation.

In contending for the disuse of unnatural, stimulating, exciting food and drink, we are often met by the assertion that stimulation is necessary. Granted; but, is the unnatural, excessive stimulation arising from a flesh diet, and intoxicating drink, necessary? We obtain natural and proper excitement from agreeable conversation and employment; eating, &c. This is natural, and therefore proper; but as all artificial is unnatural and excessive, it not only wears out the vital organism prematurely, but it also throws the machinery of life into disorder, whereby death occurs suddenly and violently, as is proved by every day's experience in civilized society. Our witnesses are fevers, inflammations, convulsions, cholera, consumptions, etc. The most deplorable aspect in which we can view the effects of a hurried and disorderly working of the organic functions is, that of hereditary transmission. The offspring of the parent who transgresses the laws of life and health, are frequently the greatest, and always the most pifful sufferers. A man born with an originally powerfully constitution, may indulge in all manner of "riotous living," and endure to sixty or seventy years, while his offspring, to whom he has bequeathed his acquired infirmities, can not hold out, under the same excesses, more than forty or fifty years. How sacred the duty—how awful the responsibility of parents!

The common notions of stimulation entertained by the medical faculty, have led to a practice incalculably injurious. When the digestive organs have been worn down, as it were, with excitement, overburdened with concentrated and improper aliment, and over-worked with stimulating food, drinks, nervines, condiments, &c., it is the general practice to undertake to counteract the consequences by giving additional intensity to the causes; that is, to lash up the stomach, digestive powers, and nervous system to additional efforts by new, varied, and constantly increasing stimulants. This is exactly analogous to whipping a horse whose strength has been overtaken by too heavy a load. The application of the lash causes the abused animal to expend his vitality faster than he could in any natural use of his muscles, and he *seems* stronger. But nobody supposes a horse thus treated will live as long or do as much work during his natural life as one whose exhausted strength was invigorated by rest instead of violence.

To re-invigorate the disordered digestive powers of the human animal, rest and quiet are nature's indications. This implies the absence of all stimulating or irritating ingesta. We know that in a depressed state of the vital powers, in those accustomed to various stimuli, stimulating food *feels* the most agreeable for the moment; and in these cases animal food, to those in the habit of using it, of course, feels more pleasant than vegetable. But it oppresses the body more in the end by its very power of stimulation. I have treated many bad cases of dyspepsia, and my experience has been uniformly and most decidedly in favour of the *strictest* vegetable diet. The great advantage of this consists, in my opinion, in its greater purity of material, in its natural adaptation to the human constitution, and in its complete destitution of all stimulating properties.

### ADVICE ABOUT HEALTH.

KEEP the bowels open, the feet warm, the head cool and a fig for the physicians.... Eat in measure and defy the doctor.

Rise early in the morning, wash the whole body, that you may be clean, vigorous, elastic and joyous. Take a draught of pure water, and then walk, ride, exercise, or better, labour in the open air, at least for a short time. Afterwards go to a plain meal of brown bread, milk, potatoes, and the like healthful articles, such as a king should be thankful to partake of. Do not eat in a hurry; better to take water and omit the meal altogether than eat in haste. "Haste makes waste," here as elsewhere; waste not of the food, nor of that which is far more important, of that which is better than riches and fine gold—HEALTH.

After your meal, go not too rapidly to work,—neither with the head nor the hand. It is better not to read immediately after eating. Farmers may rest, for their labour is even too hard; but they should not lie down or sleep; either would hinder digestion. The literary or sedentary man should not go immediately to his books. Moderate exercise (not in the hot sun) it would be well to practice. Moderate exercise (physical) promotes digestion; this is the rule. And in all cases remember the good old maxim, "*Eat to live, not live to eat.*"

If you would "keep the bowels open, the feet warm, and the head cool," avoid superfine, bread, and superfine articles of every kind; avoid all rich, and concentrated, and stimulating articles; avoid especially tea and coffee, which are always astringent, binding, to the mucous membrane internally, and exert also a pernicious effect on the nervous system. Especially avoid tobacco, the most hateful of all drugs. Avoid laziness above all things. Let temperance and moderation be the watchwords in all you do. Thus may you ensure that best of earthly blessings—firm and enduring health.

## Hydropathic Cleanings.

**EFFECTS OF THE DOUCHE.**—Under the proper use, long standing tumours are rapidly absorbed; muscular attractions give way; stiff and useless joints (where there is no ankylosis) recover; and all the superficial tissues and muscles acquire increased bulk and firmness; new energy seems communicated to the whole interior organs; and a high exhilaration of animal spirits is felt. When unduly continued, is intensely refrigerant and disturbing power makes it a morbid agent difficult to cope with. Even in the vigorous, unless followed by active exercise to maintain the reaction it produces, it determines internal congestions, and all the disastrous effects of an over-chill.

**CHEERFUL EXERCISE.**—Dr. Combe was very properly extremely severe on "the solemn processions" of boarding-school misses for an hour a day, *weather permitting*, by which sensible women attempt to cheat dame Nature out of her rights, to the great advantage of propriety and decorum, but to the great injury of the physical health of their pupils. Girls and boys must be allowed to have *active exercise*, and to enable them to undergo, and even to induce them to take a sufficiency of it, some mental stimulus must be embraced. Battledore and shuttlecock, trap and ball, cricket, prisoner's base, and similar games, ought to be encouraged, and to be considered as essential a part of school discipline, as anything for which schools seem to be more decidedly established. If parents will only refuse to send their children to schools in which this is not the case, we shall soon see this matter *radically reformed*. For our own candid parts, if we were parents—should we be grateful, or vexed, that we are not?—we should look with jealousy on any *establishment*, the extreme propriety and quietness of which we heard highly praised; and as it is, we have a vastly better opinion of those schools, in passing the outer walls of which we hear the boisterous out-breaking of merry care-free hearts, shouting at the extreme pitch of their voices, in unrestrained glee.—*Magazine of Health*.

**DON'T OVERTASK THE YOUNG BRAIN.**—The minds of children ought to be little, if at all, tasked, till the brain's development is nearly completed, or until the age of six or seven years. And will those years be wasted; or will the future man be more likely to be deficient in mental power and capability, than one who is differently treated? Those years will not be wasted. The great book of nature is open to the infant's and the child's prying investigation: and from nature's page may be learned more useful information, than is contained in all the children's books that have ever been published. But even supposing those years to be absolutely lost, which is anything but the case, will the child be eventually a loser thereby? We contend, with our author, that he will not. Task the mind during the earlier years, and you not only expose the child to a greater risk of disordered brain,—not only, it may be, lay a foundation for a morbid excitability of brain, that may one day end in insanity,—but you debilitate the bodily powers, and by so doing, to all intents and purposes, the mind will eventually be a loser in its powers and capabilities.—*Ibid*.

**NUTRITIVE PROPERTIES OF BRAN.**—M. Millon has communicated to the Academy of Sciences the result of some interesting investigations concerning the ligneous matter of wheat, whence it would appear that bran is a very nutritive substance. Though bran doubtless contains from five to six per cent. more ligneous substance than flour, it presents more nitrogenous matter, twice as much fatty matter, and moreover two distinct aromatic principles, one of which possesses the fragrance of honey; and these are both wanting in flour. M. Millon, therefore, thinks that bran and meal ought to be ground over again and mixed, with the pure flour, and he has found, by repeated experiments, that this mixture yields a superior kind of bread.—*Lancet*.

**GRAT discovery, just found it out! WONDERFUL!!** M. Millon could have obtained all this information twenty years ago, from almost any of our skilful housekeepers. In fact, it would have been difficult to have found one who did not understand all that M. Millon has communicated to the Academy of Sciences. If the fine flour, now commonly used for making bread, by the bakers, was mixed even with one quarter of *sawdust*, the product would sustain life and health far better than fine wheaten bread. Let the trial be made, and we will answer for the result.

**LIBERALITY OF DAME NATURE.**—There is a thought which must occur frequently to the mind of any one accustomed to the contemplation of the phenomena of the material world. It is this; that in the midst of the perfect economy visible in all departments of nature, there is nothing like niggardly parsimony going on; on the contrary, there is great profusion and lavish generosity. Nature is, as it were, an excellent manager, she allows nothing to be wasted; but she takes care that there shall be always enough and to spare. These seeming contradictions are merely the two extremes of the balance of divine justice, which rests for ever on unerring wisdom. The miracle of the seven barley leaves is typical of the economy of Nature. She feeds five thousand with them; and twelve baskets of the fragments may be gathered up, when all are satisfied. Again, how lavish she is of her precious things!

**THREE GREAT DISEASE WEAVERS.**—Pride, poverty, and pleasure are the three prime weavers of the great web of modern disease—the three weird sisters whose nimble fingers never cease from spinning. It is pride which makes men exhaust their living energies with the mental toil necessary to elevate them in the scale of society, or to maintain their present position. It is poverty which too often entails vice, crime, filthy habits, debauchery, reck-

lessness, squalid destitution, and semi-starvation, or, at the best, excessive labour; and it is pleasure who never withdraws her spurs from the sides of youth, idleness and wealth, until they drop exhausted by the race; and she there leaves them until disease picks them up and carries them home.

**GOOD ADVICE FOR EVERYBODY.**—Be just, because equity is the support of the human species! Be good, because goodness connects all hearts! Be indulgent, because feeble thyself, thou livest with beings as feeble as thou art! Be gentle, because gentleness attracts affection! Be grateful, because gratitude feeds and nourishes benevolence! Be modest, because haughtiness is disgusting to beings smitten with themselves! Forgive injuries, because revenge perpetuates hatred! Do good to him that injureth thee, in order to show thyself more noble than he is, and to make a friend of him! Be reserved, temperate, and chaste, because voluptuousness, intemperance, and excess, will destroy thy being, and render thee contemptible! In short, be a man; be a sensible and rational being; be a faithful husband, a tender father; an equitable master; a zealous citizen; labour to serve thy country by thy powers, thy talents, thine industry, and thy virtues; participate with thine associates those gifts which nature hath bestowed on thee: diffuse happiness, contentment, and joy, over all those who approach thee, that the sphere of thine actions, enlivened by thy kindness, may react upon thyself: be assured that the man who makes others happy, cannot be unhappy himself.

**LAUGHTER.**—"Laugh and grow fat," is an old adage, and Sterne tells us that every time a man laughs he adds something to his life. An eccentric philosopher of the last century used to say that he liked not only to laugh himself, but to see laughter and hear laughter. Laughter is good for health; it is a provocative to the appetite, and a friend to digestion. Dr. Sydenham said the arrival of a merry-andrew in a town was more beneficial to the health of the inhabitants than twenty asses loaded with medicine.

Never be cast down by trifles. If a spider breaks his web twenty times, twenty times will he mend it again. Are you in difficulties. Up and at it again. Never say die.

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